Journal of LIVING

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WE LEARN TO LIVE

In a changing world, we all become "back numbers," as dated as last month's newspapers, if we do not keep our minds alive and growing. And "back numbers" — particularly if they are self-defensively set in their backwardness — can do a lot of harm to other people's life, liberty and pursuit of happiness.

Education in adult life is *self*-education. This does not mean that the grown-up learner goes off into a corner, frowns at all who approach, and becomes an isolated collector of facts. More frequently and happily he sets out — having decided he wants to learn this or that — to find whom he can learn *from* and whom he can learn *with*.

We need to have our homes and communities, our nation and our world well-stocked with individuals who have the qualities of the willing learner.

What are these qualities? One quality is aliveness of interest. Another is modesty, a readiness to admit ignorance and error. Yet another is courage — courage to enter into situations where ignorance and fumbling are bound to be exposed before expertness is gained. Then, too, there is mental generosity; and there is appreciative respect for genuine knowledge and skill.

All these — and something else: a way of triumphing over time; a way of staying alive in mind and heart even when the body ages and grows frail; a way of being proudly *human* as long as life lasts.

Guest Editorialist, BONARO W. OVERSTREET
Co-author of *The Mind Alive*.

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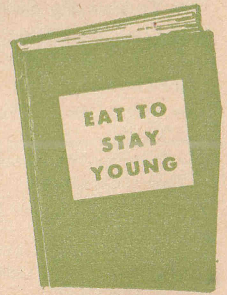
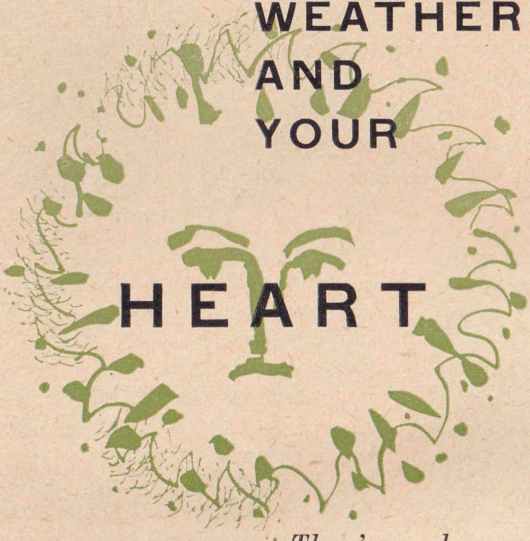


HOT WEATHER AND YOUR HEART



There's much you can do to reduce the adverse effects of the heat.

BY FLORENCE ROBERTS

Most people who have reached the age of reason wouldn't dream of suddenly sprinting around the block — least of all on a hot, sticky day. They know that violent, unaccustomed exercise is not the best thing for older hearts.

But what most people *don't* realize is that intense summer heat affects the heart in much the same way as actual exercise. Even if you do absolutely nothing, your heart has to work harder than usual during a heat wave. That is why doctors stress the importance of relieving the heart of extra burdens during hot summer months, especially if you are nearing or past middle age.

The effect of heat on the heart

is apparent even if you are in top physical condition. In hot, humid weather, the amount of work done by the heart "may be increased 100 per cent in normal man," says G. E. Burch, M.D., professor of medicine at Tulane University. "Placing a patient in a warm or hot and humid environment may be equivalent to having him run around the hospital," he declares in an editorial in the *Archives of Internal Medicine.*

The reason for this extra stress induced by the heat is that your heart — among all its other jobs — must try to keep you cool. The only way you can get rid of body heat is by maintaining circulation of the blood near the body surface, so that excess warmth can be given off through your skin. The hotter the day, the harder, of course, your heart must pump.

FASTER HEART BEATS

To find out what heat does to a person with a *normal* heart, Dr. Burch and his colleague G. S. Berenson, M.D., devised a scientific experiment and reported the result in the *American Journal of the Medical Sciences.* The subject — a man — was sent into a laboratory room where the temperature was raised to 104° F. and the relative humidity to about 90 per cent.

In a very short time his heart began to beat faster. At the end of an hour, the heart rate was 40 per cent faster than normal. After two hours, it was racing along at 70 per cent above its usual rate. And remember, this man didn't *do* anything during this time. He was merely resting on a laboratory bed.

But his reaction was typical, said the doctors, of the normal heart exposed to severe heat and humidity. Actually, this particular man withstood the test better than most of the other normal volunteers who took the test with him. Half of them were unable to stay in the hot room for much over one hour because of breathing trouble, weakness, or other symptoms.

After these results, the investigators were not very much surprised to find that people with heart damage of any kind fared much worse when put into the test room. No severely ill patients were used in these experiments, of course. But even so, most of them developed such marked symptoms that they had to be taken out of the hot, humid atmosphere "to avoid serious consequences."

In real life, dangerous conditions may not always be so quickly recognized or rectified. During a heat wave in 1937, reports Louis Friedfeld, M.D., in the *New England Journal of Medicine*, no less than eight elderly residents of a home in New York City succumbed to the heat in a single day. Fortunately, since then, much has been learned about the effects of heat and the precautions that should be taken in hot weather. Yet newspapers frequently report a rising wave of fatalities along with soaring temperatures. Many of these tragedies might easily be prevented by a little knowledge and proper care.

AVOID EXTRA ACTIVITY

One obvious precaution — and an important one — is to cut down as much as possible on unnecessary physical activities during a heat wave. Your heart will be exerting itself even if you are sitting still. Some people refuse to "give in" to the weather, and consider it a self-indulgence to alter their habits "just because of a little heat." Perhaps it's your usual washday, or you've planned a thorough housecleaning in anticipation of visitors, or you intend to get that yard tidied up this afternoon, no matter what. But if the day is hot and humid, it may be a good idea to ask yourself which is more important, the chore or your health.

WHAT TROPICAL STUDIES SHOW

This isn't advice "for weaklings only." The Allied armies, with the pick of our youth, found out that when troops were transferred to tropical zones, even young, physically fit men couldn't ignore the weather. Here are a few observations made at the Colonial Medical Research Committee's Laboratory in Nigeria, reported by Dr. W. S. S. Ladell in the *Journal of Physiology*. Men picked for this study were "fully fit" Army and Navy personnel, aged 18 to 38. The test consisted of prescribed exercise for five minutes, then a rest of fifteen minutes, then five minutes' exercise again — and so on, as long as possible. That doesn't sound terribly difficult for healthy young men; yet, when they were first exposed to the tropical conditions, several of them could get through only four cycles of these exercise-rest intervals. After a few days, they did better. Happily, we do adapt eventually to our environment, which explains how people can manage to live and work in tropical climates. However, the heat waves in this country usually come and go too rapidly to allow for much adaptation.

CLOTHING AND FOOD

"All right," you may say. "I'll avoid exercise as much as possible. But how can I protect my heart from just plain heat?"

Some of the things you can do sound very simple, but they are important enough to be recommended by Dr. Friedfeld. You should, of course, choose clothing as light and airy as possible — and this applies to men as well as women. Frequent bathing will make you feel better, as well as help keep your temperature down. Cool sponge baths are good, but don't plunge into an icy tub; that's too sudden a change. Eat lightly, and drink plenty of liquids — water or citrus fruit juices like orange juice. Don't overload the stomach at any meal. You may need a little extra salt in your food if you perspire profusely — and it's to be hoped that you do, because sweating is your best protection against heat.

HELP FROM AIR CONDITIONERS

Although air conditioning may sound like an extravagance, it's a good investment for anyone with a bad heart, according to Dr. Burch. "Greater use of air conditioning of the patient's room

LET REASON RULE THE HEART

As in virtually all things, common sense applies when it comes to caring for your heart. The American Heart Association lists these rules:

- Have a physical examination each year, and follow your doctor's orders.
- Avoid overexertion. Though few physical activities strain a healthy heart, overexertion can aggravate damage already present.
- Get eight hours of sleep every night; take naps when possible.
- Don't get fat. Extra pounds make extra work for the heart. If you must eat a lot, eat less at one sitting and eat more often.
- Watch out for infections. Guard against upper respiratory infections especially. If they do develop, get prompt treatment.
- Don't worry. Anxiety places an extra load on the heart.

at home or in the hospital is essential" when hot weather develops suddenly, he advises. If that's out of the question, a good fan will help. Circulation of air helps evaporate perspiration, and that keeps your body temperature from climbing too high. Above all, anyone who has actual heart disease should avoid staying cooped up in a stuffy bedroom in a warm bed. He'll be better off on a shady porch with — if possible — a breeze, or at least near an open window in a comfortable chair.

It's not pampering yourself to spare your heart during a heat wave. This hard-working pump deserves consideration all year round, but never more than when the mercury climbs. Anything you can do to reduce extra stress on your heart pays big dividends in making you feel better — and live longer.

YOU'RE NEVER TOO OLD

At 80, Sir Harry Brittain of London, England, arrived in New York City to start a tour of the United States — which he wants to make while he is "still young enough to travel."

At 79, Blackstone is still one of the world's top magicians and continues to perform regularly all over the United States.

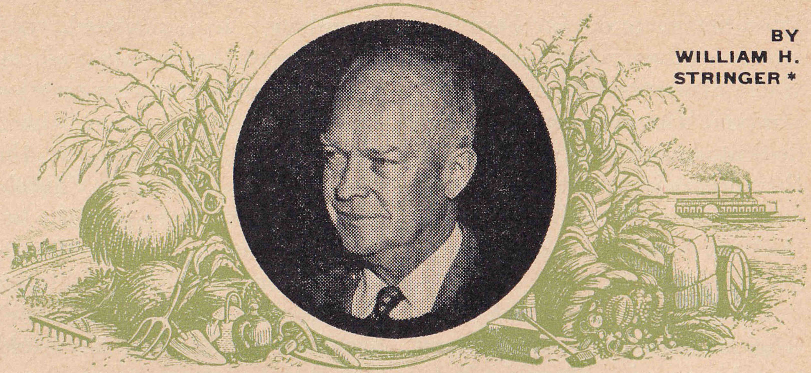
At 91, Mrs. Zella M. Talbot, a native of St. Jarvis, Canada, became a United States citizen after living here for fifty-three years.

At 80, Mrs. Frida Beckman of New York City enrolled as a freshman at City College. She is studying for an Associate in Arts degree, and says "one never stops learning new things."

At 95, Robert Woodward of Seekonk, Massachusetts, complained because he couldn't work more than three hours at a stretch without resting.

At 84, Mrs. Bertha Polstra of DeWitt, Arkansas, is still an active Sunday School teacher.

At 80, Mrs. Maude Duncan, of Winslow, Arkansas, is still the active owner, publisher, editor, reporter, printer, advertising salesman, circulation manager and carrier for the *Winslow American,* one of the few hand-set newspapers in the nation.



BY WILLIAM H. STRINGER *

THE PRESIDENT AND THE 'STILL SMALL VOICE'

"Let us bow our heads." With words simple as these, the Chief Executive of the United States each Friday morning at 10 o'clock opens his weekly Cabinet meeting with a minute or more of silent prayer.

To President Eisenhower it has seemed natural and normal thus to launch every Cabinet meeting since inauguration. For he is naturally a religious man. Talk to members of his administration — Secretary of Agriculture Ezra Taft Benson, himself a dedicated Christian, or members of the White House staff — or the President's pastor, the Rev. Edward L. R. Elson, and you will find that they all so regard Dwight D. Eisenhower.

They will comment that "Ike"

* Condensed from *The Christian Science Monitor*,
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is something a little rare in the Presidency, and, furthermore, that his influence has affected the whole atmosphere of his administration. The members are more dedicated men and women than they otherwise might be — except when certain of them fall prey to the "old Adam" of extreme political partisanship.

To say the President is a religious man is not to contend that his policies always will be right. Holy Writ does not specify an always-right course of political salvation — liberal, conservative or midroad. It is a matter of daily demonstration.

There will be those who object, too, that the President has not always applied his "counsels of moderation" effectively to his own party. In human affairs, practice does not always measure up to intention. The fact remains that here is a President with a strong and humble sense that God is at work in human affairs.

THE INAUGURAL PRAYER

The administration's religious tone was established on the very morning of Inauguration Day, when the new President inserted his famous "little prayer" — which was not in the script — at the beginning of the inaugural ceremony.

That morning Mr. and Mrs. Eisenhower had attended, with members of the incoming official family, a quiet pre-inauguration ceremony of dedication, timed exactly to the minute, at the National Presbyterian Church, of which they were soon to become members. The President-elect had returned to the Statler Hotel, with a two-hour wait ahead of him before he would mount the inauguration platform.

In those tense, reflective moments the President-elect considered the inaugural address. The element of spirituality was not sufficiently stressed, he decided. He asked Ann Whitman, his personal secretary, for a pad of paper. Then and there, on a pad of yellow legal ruled paper, he composed the short, eloquent prayer of three paragraphs which millions of Americans, and millions more beyond these shores, read or heard over radio and television that noon of January 20.

He read the prayer, there at the hotel, to just one person, his brother, Milton Eisenhower. Then he handed it to Miss Whitman to have a "reading copy" made, and notified James Hagerty, White House press secretary, because this was a change in the prepared text. There was no ghost-writing here.

The inauguration thus was launched with prayer. But this was not the first inkling the American people had that their former wartime commander in Europe was a man who stressed spiritual values as well as action. His campaign speeches had a spiritual content so often that some well-meaning political associates urged him to avoid the "obvious." He refused to delete the passages which referred to God.

ADMIRES SPIRITUAL VALUES

The President admires spiritual values in people, too. When he conferred with Mr. Benson about his entering the Cabinet as Secretary of Agriculture, Mr. Benson, who is one of the twelve directing apostles of the Mormon Church, remonstrated, "Why, General, I am virtually an ordained minister. You won't want a preaching minister in your Cabinet."

"Ezra, where in the United States is there more need for spirituality than right here in this Cabinet?" the President-elect replied in substance. "We need to restore the people's confidence. We have a big job ahead. We need men of your type."

Mr. Eisenhower deeply believes that this nation's greatness, its world leadership, its prosperity, even its material wealth, rest upon its spiritual strength, and that there would be no lasting greatness without this spiritual strength. Without it, the United States would go the way of the Roman Empire.

More than once in his campaign speeches he quoted the words of de Tocqueville, "a great Frenchman" who came to these shores more than a century ago seeking the essence of this nation's greatness.

"Not until I went into the churches of America and heard her pulpits flame with righteousness," he quoted, "did I understand the secret of her genius and power. America is great because America is good — and if America ever ceases to be good, America will cease to be great."

Spiritual strength, Mr. Eisenhower often has stressed, must come ahead of military and economic strength.

FREEDOM AND RELIGION

A second fundamental point of Mr. Eisenhower's religious philosophy, closely akin to the preceding, is that free government is verily the outcome of religious principles rightly held to, and that in turn free government exists to preserve man's God-given rights.

"Free government is the expression of a deeply felt religious faith," he declared succinctly in his first speech to the nation after returning from Europe.

To an interviewer who talked with him during the busy precampaign days in Denver, Mr. Eisenhower said:

"You simply cannot explain free government in any other terms than religious. The Founding Fathers had to refer to their Creator and His design for man in order to make their revolutionary experiment make sense. It was because all men 'are endowed, by their Creator, with certain unalienable rights' that men could dare to be free.

"They wrote their religious faith into our founding documents, stamped their trust in God upon our coins and currency, put it squarely at the base of our institutions. And when they framed their bold Bill of Rights, where did they put Freedom of Worship? First!"

The President has laid more stress upon this nation's religious heritage than have most Presidents, excepting, of course, Lincoln and Washington. But perhaps his most spiritually searching definition of faith came in his closing campaign speech in Boston, November 3, 1952, when the future President said:

"This is the faith teaching us all that we are children of God. It teaches us the divine origin of each man's dignity. It teaches us the sublime meaning of our brotherhood under His fatherhood.

"This faith teaches us that our ideals of democracy and freedom are much more than sentimental moods, much more than romantic notions. They are not tender inventions of poets.

"They are eternal laws of the human spirit."

EVOKES DIVINE GUIDANCE

Somewhere in almost every Eisenhower address, whether it be a major speech during a trip to Canada or a simple talk at a Christmas tree lighting ceremony on the White House lawn, there is an evocation of spiritual values. And this evocation is not lugged in perfunctorily; it is embedded as an integral and purposeful part of the message.

The President undoubtedly would argue, too, that spiritual truths are the world's best weapons against communism, because they are the spiritual bulwark and support for the free man and the free nation.

"What is our battle against Soviet communism if it is not a fight between anti-God and a belief in the Almighty?" he has said. "Communists know this. They have to eliminate God from their system. For when God comes in, communism must go."

A third important facet in President Eisenhower's religious attitude is his evident willingness to rely on divine guidance.

"You know, the President feels Lincoln around the White House more than he senses any other President," Mr. Hagerty remarked one day. This may seem a curious comment. He did not mean that the President likened himself to Lincoln — far from it. He meant that Mr. Eisenhower feels the example of Lincoln, the Lincoln who often sought divine guidance, who often prayed to God for wisdom, in dark and divisive times.

"Any general who has had vast wartime responsibilities, with thousands of lives dependent on his decisions, comes out of that war either a profound believer in God or an atheist. General Eisenhower emerged as a believer," a White House aide summed up.

SOURCES OF FAITH

How did Mr. Eisenhower become the man who has exerted unusual influence among his administration colleagues? He was not known in the Army as a particularly religious individual;

THE PRESIDENT'S INAUGURAL PRAYER

"Almighty God, as we stand here, at this moment, my future associates in the executive branch of the government join me in beseeching that Thou will make full and complete our dedication to the service of the people in this throng and their fellow citizens everywhere.

"Give us, we pray, the power to discern clearly right from wrong, and allow all our works and actions to be governed thereby and by the laws of this land.

"Especially we pray that our concern shall be for all the people, regardless of station, race or calling. May cooperation be permitted and be the mutual aim of those who, under the concept of our Constitution, hold to differing political beliefs, so that all may work for the good of our beloved country and for Thy glory. Amen."

that was partly because he kept his religious opinions to himself. He has little use for forms and elaborate religious ceremony. If others like them, well and good, this is a free country; but he was not brought up that way.

Nor does he care for compulsory religion. The story is told that he volunteered to teach a Sunday school class of officers' children while at West Point — to avoid the compulsory Sunday chapel attendance.

But any basic estimate of the President would say that his religious conviction has grown upon him, from upright early beginnings. It is a hackneyed phrase to say that a man was reared by "God-fearing parents," but in the President's case that is exact statement.

RELIGIOUS BACKGROUND

His parents were members of a devout Mennonite group, known as "River Brethren" because the original community, of German stock, had located near the Susquehanna River in early Pennsylvania days. Menno Simons, from whom the Mennonites took their name, first proclaimed his teachings in Zurich in 1528. He claimed to have rediscovered true Christianity after centuries of distortion of Jesus' teachings. His followers, persecuted in Germany because of their nonconformity, had come to America in 1740 and divided into various "Brethren" sects.

The President's grandfather had been a preaching elder in the church and had led his band of Brethren to Kansas. The President's mother in later years became a member of Jehovah's Witnesses because, she said, "she admired their zeal." The President also admires religious zeal.

He well remembers the daily worship in his boyhood home, with his father reading from a large Bible and occasionally halting to emphasize a special text to his six sons. He remembers more Bible reading and hymn singing and discussion on Sunday afternoons, when neighbor Brethren came to call. He recalls his mother's loving advice to him, which was simply, "Do your best, and leave the rest to God."

As a military officer, moving from post to post, Dwight Eisenhower attended Army chapels from time to time and developed a nondenominational attitude. "He never staked down his religion," says his present-day pastor.

But if he was religiously reticent, he could, even so, "quote Scripture by the yard," according to Lt. Gen. Willard S. Paul, who was General Eisenhower's director of personnel in Europe.

JOINS CHURCH

When Mr. Eisenhower became President, he decided it was time to join a church. It seemed the proper thing for a President to attend church on Sunday. Mrs. Eisenhower already had joined the Presbyterians, in Denver days. Their son, Maj. John Eisenhower, had once attended a Boy Scout troop at the National Presbyterian Church in Washington, when Eisenhower, Sr., was considerably less than a five-star general. Dr. Elson, the minister at National Presbyterian, was a wartime chaplain in the European Theater.

Whatever the main motivating reason for choosing the National Presbyterian Church, President Eisenhower discussed the proposed step with Dr. Elson, received pastoral instruction, and then, quietly and simply, at a modest ceremony at 9:00 a.m. Sunday morning, February 1, 1953, Mr. and Mrs. Eisenhower, along with forty-eight other applicants, were received into membership. The other forty-eight did not know the Eisenhowers were joining until that moment.

This was apparently the first time in American history that a President had joined a church while in office, although others have transferred their membership to Washington.

QUIET EVIDENCE

On the Sunday afternoon when the nation was waiting, hopefully, to hear that a Korean armistice had been signed, President Eisenhower had just returned from a three-day defense conference at Quantico. The Communist and United Nations high brass had met at the Panmunjom tent, but no one knew what might go wrong.

As the President waited at the White House, and the anxious moments ticked away, he began a project. It was an undramatic little project, but it was interesting that he should choose this moment for its commencement.

In those six waiting hours he started to paint a portrait of Abraham Lincoln, from one of the old photographs taken just prior to the Gettysburg Address.

This simple act, almost of homage — at a moment of stress — to perhaps the most God-seeking man ever to occupy the White House, speaks quietly of Dwight Eisenhower's own desire to tread a right and God-directed path as President.

WESTERN STATES
NORTHERN STATES
SOUTHERN STATES

YOUR SUMMER VACATION WEATHER

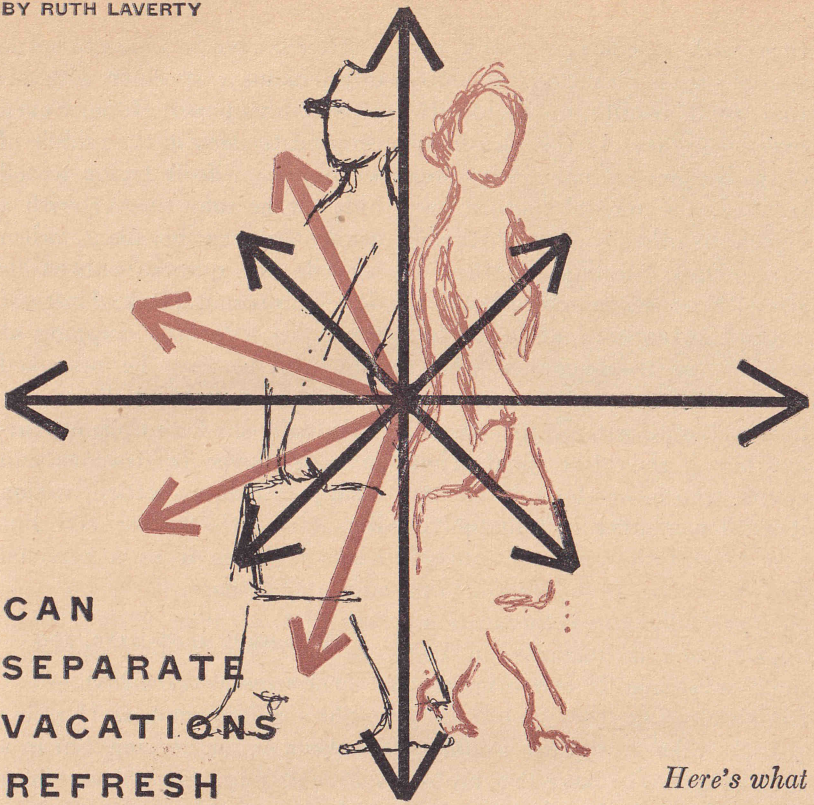
By IRVING P. KRICK, Ph.D., President, American Institute of Aerological Research

○→ **Western States:** (*see map*) A fairly pleasant summer is in prospect for the Western States. Temperatures should be cooler than usual in June and July, but warmer than usual in August. Drier than usual conditions are expected. Hence, while occasional local showers will likely occur from the Sierras to the Rockies, particularly in August, clear skies and abundant sunshine will predominate. This means good vacation weather everywhere; however, along the California coast, foggy mornings may be persistent and frequent in June and July.

○→ **Northern States:** (*see map*) Much warmer than usual in the Plains area; warmer than average in the Ohio Valley; and, finally, cooler than usual weather in the Northeastern States best describes the temperature picture for this summer. Rainfall is expected to be near normal to above normal in June in the Plains area and Ohio Valley region, but slightly below along the Atlantic Coast. In July and August, generally drier than usual weather is expected throughout. According to this outlook, the Northeastern States need not worry too much about heat; west of the Applachians and east of the Mississippi, hot and humid spells are likely to be more frequent than usual this summer. It will be hot west of the Mississippi, too, but not nearly so uncomfortable.

○→ **Southern States:** (*see map*) Texas and Oklahoma will likely experience prolonged hot and dry conditions for all three months of this summer. Best prospects for rains are in early July. Farther east, generally wet weather is expected throughout the summer. Warm temperatures also are indicated; however, daytime readings may not be too extreme, thanks to the frequent cloud coverage expected. The outlook favors no particular month for vacationers, but the expected warm weather may boost the popularity of the seashores and mountain resorts.

BY RUTH LAVERTY



CAN SEPARATE VACATIONS REFRESH YOUR MARRIAGE?

Here's what you should know before you make up your mind.

Should you and your spouse vacation together year in and year out?

The answer does not depend alone on how much you think of each other; it also depends, among other things, on what kind of people you are, your preferences, and the lives you lead. There is no one answer to this important question for the simple reason that all marital situations differ. What is right for one marriage may be wrong for another.

When husbands and wives vacation together, they usually return with a common stock of shared experiences, and this mutual fund results in dividends over the years. As the pleasures of the carefree annual holiday are recalled, the mental picture includes the other partner. Experts agree that "doing together" strengthens the marriage bond.

But the yearly vacation can be a marriage troublemaker when there is disagreement between husband and wife as to where and how it should be spent. The couple who bicker bitterly about it until one gives in unhappily, just to end the argument, may find that the best solution *in their particular case* is to vacation apart. Such a holiday can be quite revealing. It can even refresh a marriage.

Let's take a typical middle-aged couple who have this problem, and let's look at it from the viewpoint of each.

The husband is a businessman. No matter what his line, his workday is exacting, exciting and wearying. He has to accommodate himself to the peculiarities of dozens of personalities and meet numerous crises in which a wrong decision can seriously affect his prospects and profits. At the end of the day he is "bushed" and looks forward to a quiet, relaxing evening at home.

After dinner he wants to settle down in his easy chair with his pipe and his paper. He may even drop off to sleep in the middle of a story his wife is trying to tell him. Or he may answer with a grunt, or even be silent, when his wife asks questions about his day. This seemnig lack of interest prods his wife into snapping at him, and he may be provoked into an angry rejoinder.

Actually his flare-up is a pouring out of the frustrations and disappointments bottled within him during the taxing day. But his wife takes it as a personal affront. She nags.

WIVES HAVE HARD DAYS, TOO

Is she unreasonable? No.

She's a homemaker. Her day has been equally trying, but in a different way. She's been busy with household chores and is bored by the monotony of doing the same thing day in and day out — repetition without progress. She talks with the same neighbors about the same topics or visits friends who also are preoccupied with the details of their homes. She's tired of her narrow world.

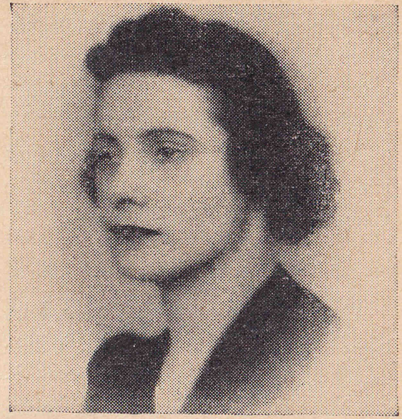
She longs for the excitement of seeing new faces and being involved in new situations. That's what irritates her about her husband. When she wants him to listen to her little budget of news at night and to unload her grievances — he's unresponsive; when she plies him with questions about his day, unconsciously trying to get a vicarious thrill out of his experiences — he's uncommunicative. No wonder she feels aggrieved.

DIVERSE VACATION IDEAS

Then comes time to plan the vacation. Two weeks away from it all!

He wants to go fishing. He's eager to escape noise, people and responsibilities. He'd like to wear old clothes, skip the daily shave, lounge lazily in a rowboat or on the banks of a stream waiting for a nibble, and let his battered disposition return to normal under nature's soothing touch.

She, however, wants to go to a seaside resort. She's looking forward to showing off her summer wardrobe, meeting "distinguished" people, enjoying the indolent luxury of hotel life, eating choice foods she doesn't have to cook herself, and dancing romantically into the early morning hours. The vacation period is brief and she wants to pack every minute of it with fun and action. She wants glamour that she can relive during those many times when she will be pushing the vacuum cleaner over the living-room rug.



Ruth Laverty

What to do? The nerves of both are worn thin. If she gives in and goes camping with her husband she may return home feeling that she's been playing second fiddle to the fish. If he goes unwillingly to the seashore resort he may come back grouchier than ever, especially when he adds up the expense.

If they had better perspective, they might compromise. One or the other could say, "Let's toss a coin. Heads it's the resort; tails, the fishing camp. The loser agrees to be a good sport." In their years together they should have learned that there's happiness in compliance.

Or if the vacation destination

has not become important out of all proportion, they could agree to divide the time and spend one week at the resort, the other week fishing together.

But if there is no common meeting ground, then separate vacations may be indicated.

MARRIAGE THREAT?

Don't think that vacations apart are inevitably and inherently a marital hazard. It is possible that both you and your mate can get out of such a holiday everything you think you want. It may even be the final answer for some unusual couples whose vacation preferences are drastically unlike and who are content to pick up without rancor, recrimination or repercussions the threads of their daily lives on returning home. They bring back new stories, observations and opinions to share. The experience makes each partner more interesting, they claim.

And there are countless other "special" situations, like that of the career-wife on the verge of a breakdown who insists on the solitude of the countryside, while her husband, chained to the monotony of an office desk the year round, seeks the animation of a cruise. Or the case of the man who loves driving and who craves a motor tour to which his nervous wife would object strenuously. Or working couples who cannot get away at the same time.

Whatever the reason, if you and your mate decide on separate vacations you may discover a kind of loneliness you didn't expect. Years of living together form habits neither easy nor desirable to break. You become accustomed to each other's ways, and you overlook each other's faults because there is a bond of love between you, no matter how obscured it may have become through the years.

THE WIFE'S REACTION

If, for example, you are the wife in the instance we've been citing in detail, you may have made several discoveries. You may have found your husband's lack of response preferable to not being able to get a word in edgewise with your talkative female vacation companions. You may have discovered that the thrill of hotel life soon wears off and that your own special sauces are superior to those hiding behind fancy French names.

Then you may have wondered how your husband was faring, and whether he was remembering his diet and staying away from spicy or fried foods. You found yourself worrying about him, and the next thing you knew you could hardly wait for your vacation to end so you could rejoin him.

And how relieved you were to find your husband tanned and well! Secretly you vowed there would be no future divided vacations — they aren't worth the worry. The glamour and excitement you craved seemed thin and empty without the reassuring presence of your husband. The idea of a fishing trip with him suddenly gained new favor in your eyes.

ONLY HALF A MAN

Or suppose you are the husband. How did you get along? The fishing may have been great, but after a while you grew tired of cleaning your catch, of tending the campfire, of consuming canned food. Your mouth watered for one of the delicious roasts your wife prepares so well. The camp cot became harder every night.

You felt lonely and began to wonder what your wife was doing at the seashore, whom she was with, and whether she was safe if she happened to be walking alone in the evening. You berated yourself for exposing her to unknown dangers. The thought of your wife's meeting men more charming than yourself began to gnaw, and suddenly your all-male, rugged vacation seemed flat. You decided a man is only half a man without his wife.

But what if this is not the way separate vacations progress? Suppose, instead, a husband or wife continues to find great relief in the distance between them. Suppose he or she hangs onto every minute of separation and dreads the thought of reunion. If this is the state of affairs, then there is something drastically wrong with the marriage, and separate vacations will supply no solution to the real problem. A holiday apart can serve only to bring the situation to a head and make it obvious that the couple must take steps to recapture the element of happiness in their marriage.

No matter what the circumstances under which it was taken, a maritally successful separate vacation is one that finds both husband and wife eager to get back to each other.

If that is your reaction, you probably have come to realize how important your marriage partner is to you. And with that awareness comes appreciation and gratitude. You love and need each other.

This renewed perspective can refresh your marriage.

GLOOM CHASERS

(*The* Journal of Living *will pay $5 for each favorite Gloom Chaser submitted by readers and selected for publication. Send your own prescription to "Gloom Chasers,"* Journal of Living, *6 East 45th Street, New York 17, N.Y.*)

★ ★ ★

My wife and I have a tape recorder which we hook up to the radio to record singing programs, and in this way we have our favorite songs available any time we want them. When we need cheering up, we play these tunes, and get so much enjoyment from them that gloom fades away.

— George Harris, Mt. Vernon, Ill.

★ ★ ★

When I feel gloomy, I help my children stage a back-yard show. Johnny busies himself making a "horror" mask out of a paper bag and some finger paint. Sissie decorates the dog with crepe-paper streamers and covers herself with sunflowers and vegetable sacks. I make a hasty trip to the attic for the puppets I made in a craft class, and 11-year-old Kim, the master of ceremonies of our show troupe, grabs his bike and sets out to notify every child in the neighborhood. By the time the show is over and Sissie has served lemonade to the audience, I'm as happy as a soap bubble!

— Mrs. Lydia Miller, High Ridge, Mo.

★ ★ ★

Cutting out newspaper items about brides and brides-to-be and making a scrapbook for each girl is my real gloom chaser. Into each book go all the pictures, accounts of parties, etc., and then it is mailed to the bride. You'll be surprised at the delighted response you get.

— Mrs. D. Batson, Nashville, Tenn.

★ ★ ★

Collecting old furniture is my hobby, and when I start getting lonesome, gloomy or blue, I get out my sandpaper, paint and tools, and go to work. No matter what condition the furniture is in, I recondition it, even to the upholstering. By the time I've completed the job, I not only have a lovely piece of furniture for my home, but my gloomy mood has vanished.

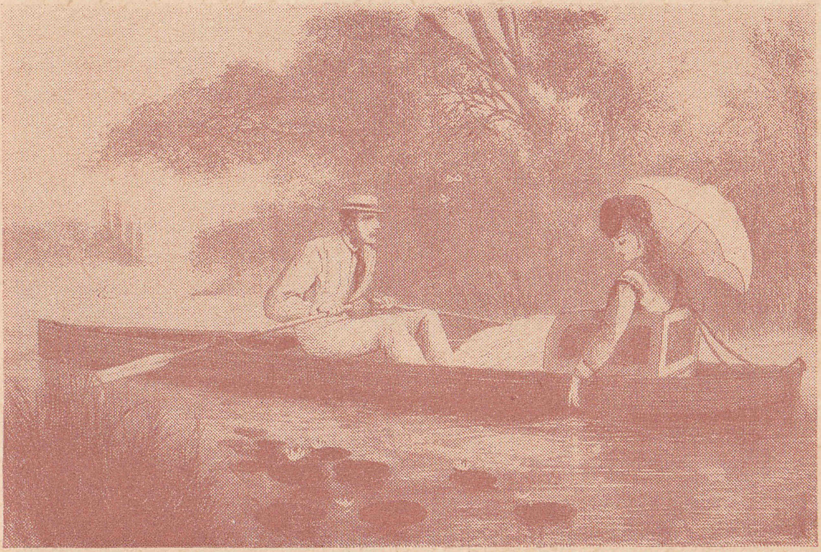
— Mrs. E. Mesher, Phalanx Station, Ohio.

★ ★ ★

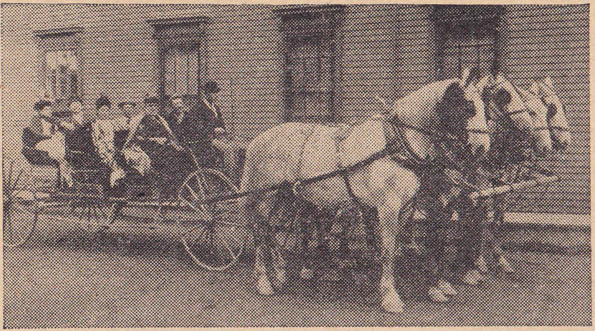
When gloom descends, I reach for my dog's leash. The extra outing surprises him, and he is unusually lively. The peppy breezes, the fresh glow in the faces of the children, the smiling nods of acquaintances and the colorful windows I pass soon dispel my dark cloud.

— Mrs. Dorothy Crockett, New York, N. Y.

THE GOOD OLD SUMMERTIME

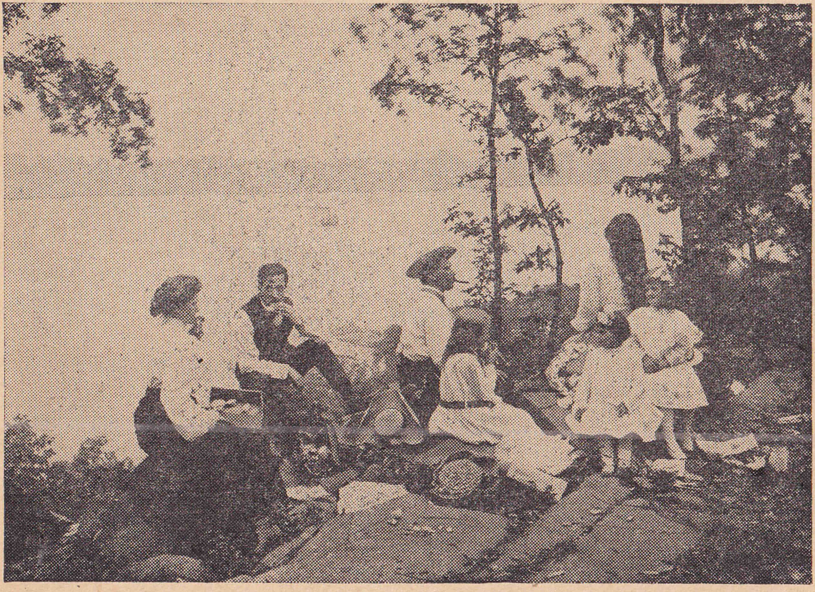


Like a painted boat on a painted stream was this June idyll of yesteryear. But old-fashioned summers were full of action, too. ☞

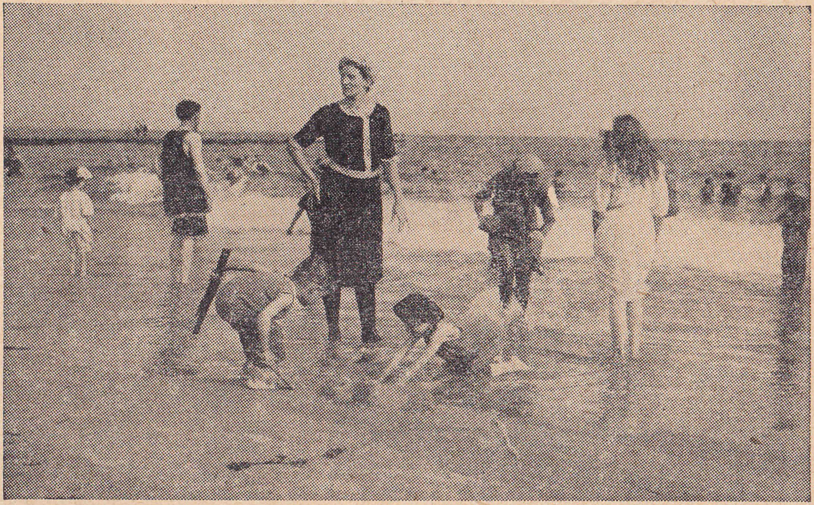


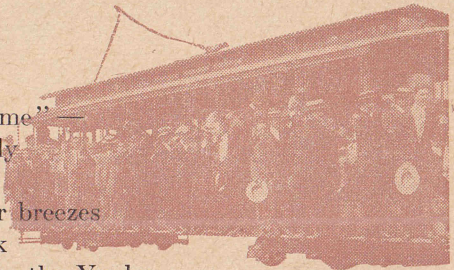
Vacationers at summer resorts were met at the train by the original station wagon. This four-horse-powered model was tops for its time

And city families took their pleasure in Sunday picnics on the banks of the river. This little group has escaped from the maddening roar of New York City's horseless carriages to the quiet heights of the Palisades overlooking the Hudson River. Uncle Joe is enjoying a five-cent cigar after lunch and Aunt Nellie has let her hair down just to show what a nature girl she really is. Pa and Ma can't seem to get their fill of ham on rye. Or is that Pa's favorite coconut cake?



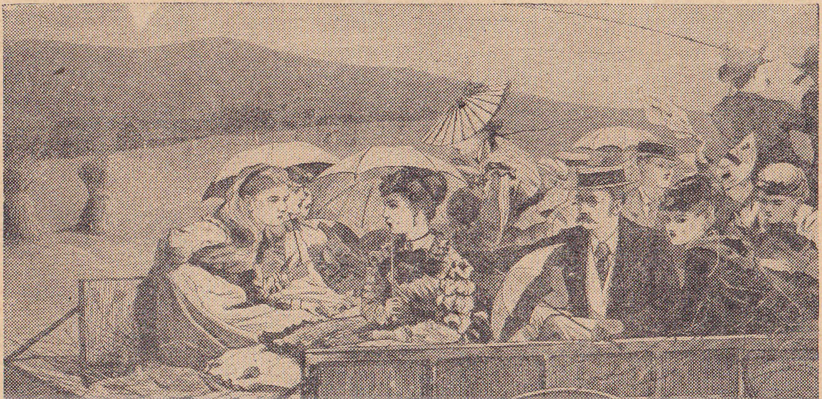
Others were fortunate enough to get to the seashore down along the Jersey coast. Lone man at the left is probably asking himself the smart question of the day: "What are the wild waves saying?" This photograph was taken about 1914, before the impact of the Mack Sennett bathing beauties had been felt on the beach fashions of the country. This was strictly the droop-and-sag era, when women covered their long tresses with ruffled caps, and wore underwear under their knee-length bathing suits. Black cotton stockings and ankle-high sneakers were indispensable.



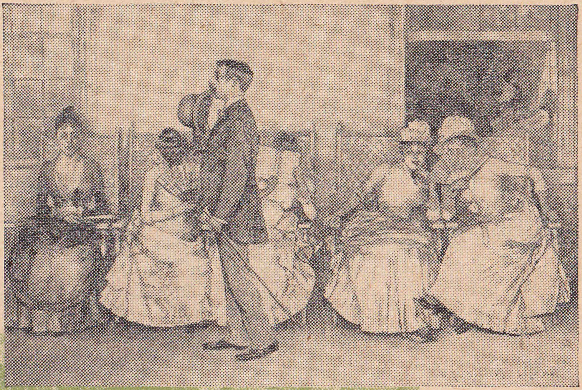


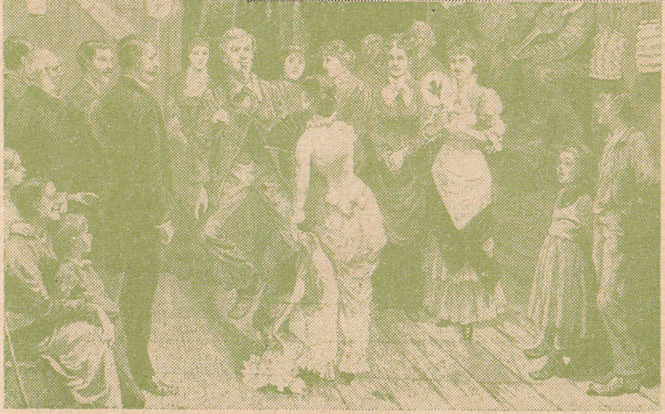
"Take me out to the ball game" — and there's standing room only for these Boston fans as they head through summer breezes to sparkling new Fenway Park where the Red Sox are playing the Yanks. The ball park is still the favorite summer playground of the American male.

Good children solemnly waved flags;
bad boys shot off firecrackers
on the Fourth.
Others enjoyed a stylish straw ride.



The summer boardinghouse is almost as old as America itself. So is the lone bachelor who has to run the gantlet of the ladies on the veranda — some with obviously romantic ideas.





Every fashionable summer boardinghouse was proud of its barn dances and of the local fiddlers who made feet fly to their rhythms. The country bumpkins gathered round to watch the wondrous carryings-on of the sophisticated city folks, who sometimes had to take "hop" lessons from a local farm boy. The last decade has seen a surprising revival of square dancing. Every up-to-date country vacation center today features these hops, where young and old enjoy kicking up their heels together.

LOOK WHAT'S ON THE Record!

BY EDWIN ZEMSKY

Back in the day of the windup phonograph (which wasn't so very long ago, at that) the customer didn't have much choice in the kinds of records he could buy. There were the current dance tunes, assorted musical selections, and a few talking pieces (usually humorous). Anything else was pretty special.

Now all that has changed. Today's record customer has a bewildering array of riches to choose from. This holds true not only in the field of music proper, where it seems almost everything ever composed has been recorded, but in the whole vast field of sound — man-made and natural — where truly extraordinary records have been made. There are splendid recordings of bird songs from forest, field and swamp. There are sea sounds, night sounds, wind sounds and desert sounds that bring far-off places into your living room. There are memorable records of great moments in modern history, and speeches by the great personalities of our time.

Now, you can buy talking books read by the authors themselves, just as they wish their words to sound. You can have the Bible read to you from records.

In short, you name it — and whether for pleasure, novelty, instruction, relaxation or devotion, there's something on the record to fit just about every taste and need. Here is a list of some of the more unusual items you may not have heard about. All listings, unless otherwise specified, are for long-playing, 33⅓ RPM records. Included is the name of the publisher, the catalogue number, and latest price.

MUSIC FOR YOUR MOODS

"Music hath charms to soothe a savage breast"—and an anxious mind and a weary spirit, too.

Music For Relaxation. 1–12″, Victor LPM 1001, $4.19.
Music For Reading. 1–12″, Victor LPM 1002, $4.19.
Music For Faith And Inner Calm. 1–12″, Victor LPM 1004, $4.19.
Music For Courage And Confidence. 1–12″, Victor LPM 1005, $4.19.
Music To Help You Sleep. 1–12″, Victor LPM 1006, $4.19.

THE SYMPHONY OF NATURE

Bird lovers and armchair naturalists can have a regular "field" day with these fine recordings.

Bird Songs Of Dooryard, Field, Forest. 1–12″, Ficker 1, $7.95.
Sounds Of The South American Rain Forest. 1–12″, Folkways X120, $6.95.
Sounds Of The Sea. 1–12″, Folkways X121, $6.95.
Voices Of The Night: Frogs And Toads. 1–12″, Cornell University, $6.75.
American Bird Songs Vol. I. 6–10″, Cornell University, 78 rpm, $8.50.
American Bird Songs Vol. II. 6–10″, Cornell University, 78 rpm, $10.50.
Actual Song Of The Canary Bird. Victor 25.0001, 78 rpm, 89 cents.

FROM PARLEZ-VOUS TO PARAKEETS

Want to brush up on your high-school French? Learn Spanish? Or help your pet parakeet become a talking wonder?

Getting Around In French. 1–10″, H. Holt, $4.85.
Getting Around In Spanish. 1–10″, H. Holt, $4.85.
Spoken German. 6–12″, H. Holt 300/11 (includes two books), $50.00.
Parakeet Lessons. 1–10″, Parakeet 5001, $3.00.
Salty Sailor And Romantic Phrases For Your Parakeet. 1–10″, Parakeet P6, $3.00.

HISTORY REPEATS ITSELF

Great events of our time are brought to life again in the words of those who shaped them.

Coronation Of Elizabeth II. 1–12″, Triumph 12001, $5.95.
"If I'm Elected . . ." (The actual voices of our Presidents). 1–12″, Heritage A-1201, $5.95.
FDR Speaks. 1–12″, Decca DL9628, $5.85.
Conquest By Love: Gandhi, Einstein, Nehru, Etc. 1–10″, Heritage G-0050, $4.75.
Will Rogers Says. 1–12″, Columbia ML 4604, $5.95.

I Can Hear It Now, (Narrated by Edward R. Murrow). Vol. I, 1–12″, Columbia ML4095, $5.95; Vol. II, 1–12″, Columbia ML4261, $5.95; Vol. III, 1–12″, Columbia ML4340, $5.95.

SONGS OF FAITH

From ancient chant to modern hymn, the ageless music of the church finds an easy path to the heart.

Ancient Music Of The Church. 1–12″, ML 4545, $5.95.
Mormon Tabernacle Choir Of Salt Lake City. Vol. I, 1–10″, ML 2077, $4.00; Vol. II, 1–10″, ML 2098, $4.00.
Music Of The Pilgrims: Madrigals. 1–12″, Haydn 2068, $5.95.
Great Sacred Choruses. 1–12″, Victor LM 1117, $5.72.
Hymns Of Thanksgiving. 1–10″, Victor LM 108, $4.67.

LITERATURE FOR LISTENING

From Shakespeare's Sonnets to the works (and sometimes the voices) of outstanding modern authors.

Shakespeare: 16 Sonnets. 1–10″, Poetry 1, $4.75.
Bernard Shaw Speaks. 1–10″, Heritage A — 0074, $4.00.
Pleasure Dome: Modern Poetry. 1–12″, Columbia ML 4259, $5.95.
Thomas Mann Selections. 1–12″, Caedmon 1004, $5.45.
Sandburg Reads Sandburg. 1–10″, Decca DL 7541, $3.85.

THE PLAY'S THE THING

Yours any night of the week — great plays and great players, for less than a family theater party would cost you.

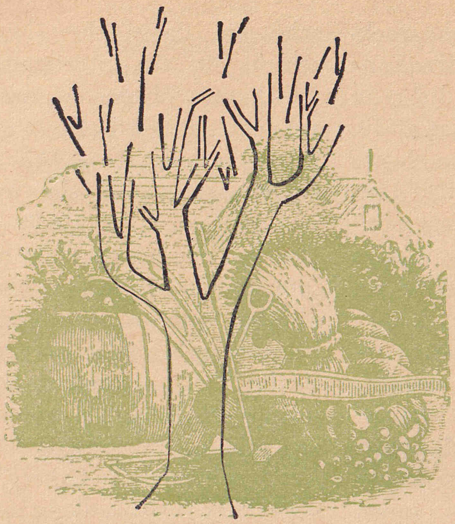
Cyrano De Bergerac: Rostand, (José Ferrer). 1–12″, Capitol S-283, $5.95.
Death Of A Salesman: Miller. 2–12″, Decca DX 102, $11.70.
Don Juan In Hell: Shaw, (First Drama Quartet). 2–12″, Columbia, SL 166, $11.90.
Hamlet Excerpts: Shakespeare, (Sir Laurence Olivier). 1–10″, Victor LCT 5, $4.67.
Romeo And Juliet: Shakespeare, (The Old Vic Company). Victor LM 6110, $17.16.
The Cocktail Party: Eliot. 2–12″, Decca DX 100, $11.70.
Bernhardt, Barrymore, Terry, Booth, Etc. 1–12″, Audio Rarities 2465, $5.95.

THE SCRIPTURES SPEAK

Favorite Bible passages, read by some of America's favorite actors and authors.

Bible Readings: Douay Version, (Fulton Oursler). 1–10″, Columbia ML 2208, $4.00.
Bible Readings: King James Version, (Fulton Oursler). 1–10″, Columbia ML 2207, $4.00.
Bible Readings, (Charles Laughton). 1–12″, Decca DL 8031, $4.85.
Bible Readings, (Ronald Coleman). 1–10″, Victor, $4.67.
Bishop Fulton J. Sheen Recites. Columbia, 98 cents.

BY HAYDN S. PEARSON*



WHEN TO BUY THAT PLACE IN THE COUNTRY

Don't stretch your dream too far into the future if you want an income-producer that will work when you need it.

If you've been dreaming of retiring to the country and want to earn money during your retirement years, you will do well to consider getting your country property several years ahead of the time when you will use it for income purposes.

For twenty years I have been studying and writing about country living. I have made surveys on a dozen different rural subjects and have talked with many who have made the move from urban to rural living. In recent years, I have become increasingly interested in the middle-aged group who want to live in the country and there earn a part of the income needed to live comfortably.

There are a number of reasons why it is good business to get one's place several years ahead. First, it gives you time to look over various areas within week-end driving distance. Areas, as well as communities, differ in appeal. If you are retiring at 50, 55 or 60, it is essential to choose an area and community that you like. I have seen many instances of wrong choices; it pays to go slowly when making an investment of this size.

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* From *Profitable Country Living For Retired People,* Copyright 1953 by Haydn S. Pearson. Published by Doubleday & Company, Inc.

Second, you have time to remodel and repair the country home to your specifications for your particular type of living. If a man and his wife are handy with tools or are willing to learn, they can do much of the work over a long period and save a very substantial sum. When you hire carpenters, masons and plumbers at current hourly rates, it takes many dollars in a surprisingly short space of time.

WEEK-END LIVING

Third, you will have a chance to try country living on a modified scale. If you love the country, you will soon discover you will be spending your week ends there the year round. With modern conveniences, life is just as comfortable in January in the country as it is in the city.

Fourth, if you have an idea what type of work you want to try, you will have an opportunity to talk with and watch others who are doing the things in which you are interested. You will have a chance to meet and get acquainted with the organized groups in your state. One of the tragic aspects of the over-all picture that I repeatedly see is the situation where a family goes into something without knowing all the facts. A man and wife become enthusiastic over a particular field; it makes no difference whether it is woodworking, rabbits, mushrooms, flowers, fruits or homemade bakery products. They rush headlong into the business without knowing all the angles.

TRIAL AND ERROR

It is just as difficult, generally speaking, to make money in the country as it is in the city. There is no business that I know of which is all sunshine. I tell all who see me or write me that the most important thing at first is to list all the unfavorable factors of which they can think or which they can discover. A high temperature in favor of some venture has been the cause of many a deflated checking account. Do some serious study and research in the line or lines in which you think you are interested.

Fifth, if you get your country

retirement home several years ahead, you can try out specialty crops on a small scale and find out those which offer the best money-raising opportunities, and with which you enjoy working. You can discover those that do well on your type of soil. It takes six years to get cultivated high-bush blueberries into full bearing, three years for raspberries, and three years for asparagus. Strawberries take two years. You set the plants in the spring, the runners grow during the summer, and you harvest the crop the following spring. By getting your country home ahead of time you can build up the soil with green crops to plow under, fertilizer and lime.

It costs some money, of course, to run a place in the country while you still own or rent in the city. But in the majority of cases I believe it worth while. The trend in the United States is toward an ever-lower retirement age. If you are thinking of retiring to the country and earning something there to augment your assured income, it could be good business for you to get your country home several years ahead of full-time living on it.

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B
Money back guarantee

CONVERTS ANY CHAIR INTO A CONTOUR CHAIR

Most people have a natural urge to put their feet up on something because it is a restful position. The REST-WELL RELAXER is cleverly designed to satisfy that desire completely. Its use greatly increases the circulation of the blood thereby relieving condition caused by poor circulation such as tired aching feet or legs, varicose veins, leg cramps, etc. Doctors recommend them for pregnant women and for relieving heart strain. Ideal for televiewing. Stands in place without fastening. Folds flat when not in use. The "B" position makes it a "beauty angle" board. Made of attractively grained walnut finished plywood. Also makes a wonderful gift!

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DeLuxe Model covered with dark red leatherette on foam rubber......$7.98

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We also make a Leg Elevator for sleeping with legs elevated during the night. Send for Circular 5.

★ Save On Your Mortgage
★ Dress Fabric Caution

BY SIDNEY MARGOLIUS

MORTGAGE SAVING: If your monthly payments have substantially reduced your mortgage, and if it can be prepaid without penalty, consider renegotiating it with the lenders. Usually banks charge 5 per cent for a loan of two thirds of appraised value, but as little as 4 per cent when the loan is for only half the property's value. A reduction of even ½ per cent in the interest rate on a twenty-year mortgage reduces monthly payments by 5 per cent.

LACQUER-PRINT DRESSES: Beware of "lacquer prints" when buying summer dresses. These fabrics have polka dots or other designs painted on them. They are attractive but become badly distorted and stiff when dry-cleaned. Insist on fabrics with the pattern woven in, or at least printed with fast-color "vat" dyes. And check the label of the garment.

TIRE TREADS: The tread design on tires affects economy as well as safety. Treads with straight lines generally give longer wear, but cross lines provide better stopping ability. A zigzag tread with cross cuts is a compromise giving both good mileage and good stopping. Another approved pattern has straight lines with a suction design to aid stopping.

HEALTH INSURANCE: Avoid any accident and health policy which gives the company the right to cancel after you reach age 65. That is the time you may need the insurance most.

CRAB-GRASS KILLER: Potassium cyanate is good for killing crab grass, but it can prove more expensive than necessary unless you read package labels carefully. Always check the potency of the solution, as well as the price — a cheaper but weaker solution might cost more in the long run than a more concentrated solution, because you would have to use more.

WATERPROOF REPAIRS: A new plastic patching kit sold in hardware and auto accessory shops enables you to mend, seal and waterproof objects in one operation. Possible uses include repair of awnings, rubber overshoes, the caulking around bathtubs and sinks, and the seams in auto bodies.

YOU CAN STILL LEARN TO SWIM

Here's a complete, simplified guide for more fun, health and safety this summer.

BY BILL GORIN

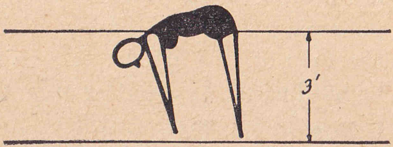
You can easily learn to swim at almost any age, and few sports after 35 can be so rewarding. Swimming, properly done, is a mild, all-round exercise. It is excellent for reducing and toning up the body. Obviously, it is the most natural and comfortable sport for hot weather, and with proficiency comes assurance and safety on or in the water — for boating, fishing and other water pleasures.

I have been a swimming instructor for more than twenty years. Contrary to the popular impression, I find it easier to teach adults than children. In fact, I would rather take on five seniors than one junior. The adult may be more tense and fearful; but on the other hand he is more capable of reasoning and learning.

If you are prepared to follow me now, I think you can make yourself a swimmer simply with the help of this article. It won't be hard work. As a matter of fact, if you find it hard, it will be incorrect. You must learn in a relaxed way if you are going to learn at all. Swimming should be completely without strain.

LESSON NO. 1

The best place to learn is in a swimming pool, but any calm body of water will do. Start in water about three feet deep, or up to your waist. Walk in slowly to accustom your body gradually to water temperature. Never hurry. Take as much time as you wish to get comfortable. As a land animal, your first problem is learning how to breathe when in water. Take a deep breath through the mouth, hold it, put your face into the water and look at the bottom of the pool for two seconds. Now lift your face out and exhale through your nose. Repeat this exercise several times until you find that it causes no discomfort and you can hold your breath from ten to fifteen seconds. Your eyes should be kept open. If necessary, you can use a pair of underwater goggles. You will enjoy these new glimpses of the underwater world.



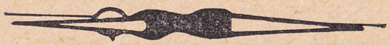
Try to touch your toes.

When you find it easy to put your face into the water, first take a deep breath through your mouth and, while looking at the bottom, try to touch your toes. You will notice that as your head goes into the water, your feet tend to rise as though the water were pushing them up. This is actually the first floating position. The water will hold you up as you repeat the exercise. Take plenty of time between attempts, always inhaling deeply through the mouth before each try. Soon you should be able to perform this "jelly fish float" for at least five seconds. Relax and let the water do the work. Don't fear that you'll sink. Remember that water can hold up a battleship; it will surely keep you on top.

You can make a game of building up your confidence. Drop a penny into three feet of water. Then try to bend down and pick it up. Notice how your body rises as you get face and head into the water. The harder you try to reach down for the penny, the harder the water pushes you back to the top.

LESSON NO. 2

You are now ready for the "dead man float." Stretch your arms overhead, holding them closely against your ears, and take a deep breath. Put your face into the water, look at the bottom of the pool, and lean forward, lying face down on the water.

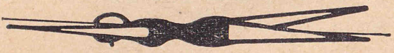


Dead man float is easy.

Repeat until you can float relaxed in this position. By pushing with your feet against the bottom or side of the pool, you will soon be able to glide about fifteen to twenty feet without any effort. And now the actual swimming begins.

LESSON NO. 3

Do the "dead man float" for three seconds. Then with the feet pointed down and slightly pigeon-toed, start to kick up and down with a short flutter motion. Originate the kick from the hips with only the slightest knee bend. If this seems difficult, you are trying too hard. Relax and keep trying until it becomes easy. Practice this "dead man float" with flutter kick for twenty minutes; then rest, before starting to learn the arm strokes.

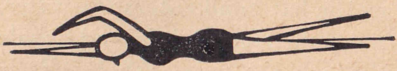


Kick from the hips.

LESSON NO. 4

Remember that in the "dead man float" the arms are stretched out and held close to the ears. Assume this position and try the arm stroke while standing in the water. Stroke one arm down through the water to the hip, bend the elbow, and bring the arm out on top of the water, then repeat. Alternate the arms in a very slow but steady motion. This exercise may also be practiced in front of a mirror. When you get the idea, you are ready to try it in the actual swimming position.

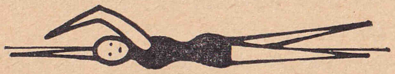
Take a deep breath through the mouth, do the "dead man float" for about five feet, then start to flutter kick for five more feet. Now *very slowly* start your arms moving. Let your feet move very fast while your arms move slowly. This will feel awkward at first, but twenty minutes of practice will make it seem natural. You are already swimming, but you still have to learn how to coordinate swimming and breathing.



Move the arms slowly.

LESSON NO. 5

Stand in water waist deep. Take a breath through the mouth. Put your face into the water and exhale through the nose. The air will come out in bubbles. Repeat this rhythmic breathing until you can do it easily five or ten times. Then, still standing, start the arm motion with exaggerated slowness. When you place the right hand into the water, turn your face to the left side and take a breath through your mouth; then as the left hand enters the water, put your face back in and exhale through the nose. When it feels easy and you no longer get out of breath you are ready to try it while swimming. Start with the "dead man float," then introduce the kick, and finally the arm stroke with rhythmic breathing. If it seems difficult, you are probably working too hard.



Breathe in through the mouth.

The rest is all a matter of relaxation and practice. You can easily learn to swim — and to enjoy it.

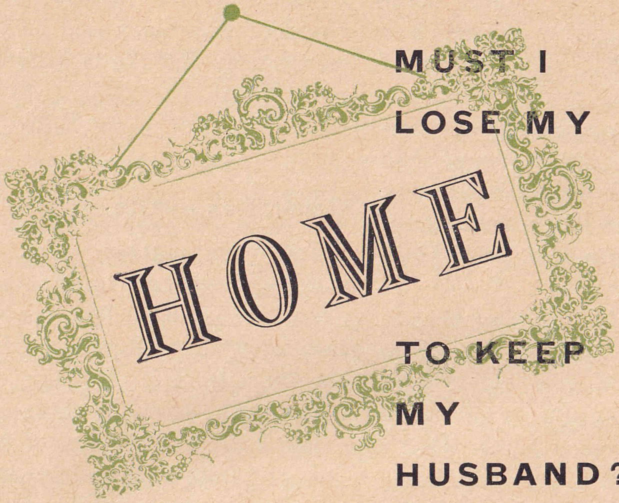
THE WORLD HAS A HEART

Barry Todd of Fort Worth, Texas, muscular dystrophy victim, wanted just one thing for his eleventh birthday — to ride through the street with a police escort. But Barry got more than his wish, for Fort Worth police included sirens with the escort, and topped it off by giving him a policeman's cap.

In Tunica, Mississippi, all a child had to do was pick up the receiver and say, "Miss Happy, I want to talk to my daddy," and Mrs. W. E. Reichardt would persist until she made proper connections. When she retired, after thirty-eight years of faithful, cheerful service, residents remembered her many kindnesses, and presented her with diamond pins, silver sets, automatic toasters and other articles.

Although Lt. Comm. J. B. Kisner, Navy pilot, warned rescuers that the burning plane in which he was trapped might explode at any moment, three men in Chamblee, Georgia, braved the flaming wreckage and dragged the injured airman to safety.

When the residents of Gaithersburg, Maryland, learned that Miss Irene Meyer, already blind, would eventually have to lose both legs in an operation, they made her fondest dream come true by raising funds to send her on a trip to Italy.



MUST I LOSE MY HOME TO KEEP MY HUSBAND?

The problem of the month as answered by readers.

THE PROBLEM: Mrs. M. N., married twenty-five years, writes: "My husband is restless, wants to sell our home and look for a job elsewhere. If I go with him, I will be resentful, bitter and unhappy at giving up the security and contentment I've wanted all my life. Until three years ago when we bought our little bungalow, we had moved many times. This has been our first chance to make close friends and take part in community life. But if my husband stays on my account, he will blame me for his chains. We both agree that if one of us gives in to the other, our love will suffer. Should we separate?" Here are the selected opinions of *Journal of Living* readers:

PLAN FOR THE FUTURE

A cottage and friends and community life are wonderful, Mrs. N., but the picture changes when a woman is alone. The groups you find so cordial and friendly now will not be too quick to include a lone woman in their activities, especially when these groups are comprised of couples.

Why don't you meet each

other halfway: Close down your house — without selling it — and go with your husband? Every so often you can return home for a week end or longer. You will have that nice feeling of knowing that you do have a place where you belong and perhaps you will return sooner than you think. Your husband may find, once he starts out again, that home is a wonderful place after all.

You may be thinking that it can't be done, but it can — I do it just that way. I travel with my husband constantly and every so often we come home. That's quite a treat. I love my home and my neighbors and want badly to be active in my community, but my husband's work and love is traveling.

I know that some day he will get tired of traveling, and when he does, I will still have my home — my home, my husband and memories of going along side by side.

— Mrs. B. C. Maddox, Dallas, Tex.

★ ★ ★

"LEAVE THE DOOR OPEN"

Separation may be your real solution, Mrs. N., but do nothing that can't be undone. Put it on a temporary, or "trial and error" basis.

They say that a man is somewhat like a cat; try to pen him in and he'll get out if he has to climb up the chimney. Leave the door wide open and he'll lie contentedly by the hearth and purr. Try it.

— Mrs. George C. Searle, Ontario, Calif.

★ ★ ★

SECURITY ON WHEELS

Sell your cottage, Mrs. N., and transfer your favorite interior decorations to a modern, easy-to-care-for trailer. Home is where the heart is. You can take your home with you anywhere and enjoy a wonderful sense of freedom and happiness and yet have security. I know. We sold a beautiful home and bought a trailer.

Trailer friends will take you at face value; there's no gossip of the past to influence opinions. Trailerites have a community life, church friends, adult school, square dances, hobbies. They are happy people.

When you do go, be optimistic and cheerful. Don't look back and think of that cottage with its false security. Don't say, as you do in your letter, "I will be resentful, bitter and unhappy." Think happiness. Say and feel, "We will be of one accord. We will have adventure, love and happiness together wherever we go." That is security.

— Nadine DuHamel, San Diego, Calif.

★ ★ ★

JEALOUS OF FRIENDS?

Your husband apparently does not feel secure, Mrs. N., and probably believes that by moving away from where you have made friends, he can recapture your complete and wholehearted companionship. Men are little boys grown up who need a lot of coddling and love. They will work and slave beyond necessity, enduring much to earn a living, but when they come home at night they want peace, contentment, a feeling of well-being and a sense of importance.

— Mrs. A. P. Giessler, Belleville, N. J.

★ ★ ★

WHAT IS "ADVENTURE?"

After twenty-five years of making a home here and there, you can't be blamed for being tired, Mrs. N. Explain to your husband that although you love him, you would like to remain in your little home. Perhaps you can suggest that he go off on an "adventure" for one year. Try it as an experiment and then see how you both feel. Perhaps he will find out that "adventure" is right here with us — that just living is an adventure, and that a happy, contented wife is the best "adventure" of all.

— Clara J. Bonar, Galva, Ill.

WHAT'S YOUR PROBLEM?

The *Journal of Living* will pay $10 for each real-life problem submitted by readers and selected for publication in these pages. Your name will be withheld. So if you have a problem you would like to have discussed by our readers, please send it to Readers' Advice Forum, *Journal of Living*, 6 E. 45th St., New York 17, N. Y.

★ ★ ★

"WHAT PEOPLE WANT MOST"

Some women at middle age begin to nag their husbands without realizing it. They blame the man for the loss of their youth and health just because they can't accept growing old. Or perhaps because he hasn't done as well financially as some of their acquaintances. Maybe you had better take an inventory of yourself, Mrs. N.

I think you should tell your husband that you want to be sure that it isn't you who is causing his unhappiness. Offer to stay and wait for him while he goes and finds out if another job in a new location will make him happier.

And if it does and you really love him, you'll be willing to join him.

Perhaps in the meantime, if you are really truthful with each other, you can iron out the differences that exist and come to realize that what people want most is to be appreciated by those they love. Then where you live, or what job you have, doesn't make much difference. I've been married thirty years and have felt the same as Mr. N. a few times, but my wife, by being loving and understanding, made me forget it.

— G. L. Fletcher, Nebraska City, Neb.

COMPENSATIONS

Stay with him in his wanderings and remember there are many wives who envy you, Mrs. N., for they have to wash dishes and look through the window on the same old scene, while you have different views and lots of variety, which is the spice of life. So there are compensations.

— Mrs. Fred L. Cofer, Sunnyside, N. Y.

Readers' Consensus: Go with him, 85%; let him go, 10%; other suggestions: 5%.

ADVICE WANTED — FOR CASH

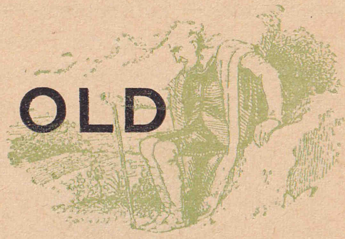
This is a chance to get paid for your good, common-sense advice. Every month the *Journal of Living* will publish a real-life problem, and will pay $10 for each reply from readers which is selected for publication in a future issue. Here is Mrs. N. T.'s problem:

Mr. and Mrs. T. borrowed money and converted their big house into four apartments, counting on the rents to carry the deal. But when their daughter, an only child, married a year ago, one apartment became vacant and the young couple asked to move in "temporarily." During the year, they've paid just two month's rent, although Mr. and Mrs. T. need the money. Now the parents learn their daughter is pregnant. Would it be cruel for them to make an issue of the rent payments now and risk an estrangement? Are they selfish in thinking their daughter is taking advantage of them? Just what should they do?

Send your reply before July 3 to Readers' Advice Forum, Dept. P 47, *Journal of Living*, 6 East 45th Street, New York 17, N. Y.

BY JOHN D. MURPHY

HOW TO GROW UP BUT NOT OLD



This secret
of famous men and women
can prove itself
in your life — right away.

At the age of 35, George Davis was told that he had only a year to live. His doctor advised him to go to Florida where he could spend his last days in a pleasant, comfortable climate.

He moved to Florida — and spent half a century in zestful, constructive living. He studied medicine, and his death, at the age of 88, was caused by influenza which he developed after going out in a storm at night to deliver a baby.

His secret of staying young was as simple as it was reasonable. "Youth is a period of growth," he once told me. "No animal becomes old as long as it is growing. The animals with the longest growth periods live the longest. It is only when an organism stops growing that it begins to get old. This is something over which animals have no control. But there is a fourth dimension to man — a side of his being that need not stop growing when the body does. That fourth dimension is man's mind and spirit. The body remains elastic as long as the mind does. The joints do not become stiff until a man's attitudes become set."

George Davis' prescription for

those who would cheat old age was: "Find something you can grow in."

In his own case, the field of medicine provided him with such an interest. Instead of regarding his illness — tuberculosis — from the personal, morbid, self-centered point of view, he took up the study of medicine in general. He became a surgeon, specializing in obstetrics. The mystery of new life never failed to awe him and to spur his curiosity. And quite incidentally, it also released the springs of new life within his own body.

J. Ogden Armour: "A person need not quit growing."

ARMOUR AND FORD

J. Ogden Armour was another who shared Dr. Davis' views on youth. "A person is never old until he quits growing," he once said, "and he need not quit growing until the end of his years. The most conspicuous fact about great men — men who do big things and keep on doing them — is that they never cease growing. They are perpetually young. They have the real thing, of which Ponce de Leon's Fountain of Youth was only an imitation."

Henry Ford, who remained useful and young to an advanced age, had the same idea. "Anyone who stops learning is old," he said, "and anyone who keeps on learning not only remains young but constantly becomes more valuable, regardless of his capacity."

CURIOSITY DOESN'T KILL

If you will look into the lives and attitudes of those old people you know who retain their youth in spite of their years, you will find, with Jean Jacques Rousseau, that "life consists less in length of days than in the keen sense of living."

Zest, curiosity, expectancy, learning, expanding of interests — the forward look — are characteristics of youth. Thomas Edison was as curious about life at 90 as the average child is at 10. "Boss" Charles Kettering,

Three years ago, at 75,
Charles F. Kettering "retired"
to go on inventing.

who technically "retired" several years ago but who is still hard at work and still coming up with useful ideas, says that he credits everything to his ignorance — the realization of all the things he doesn't know but wants to know. It acts not only as a spur and a challenge to keep going but releases energy as well.

NO TIME TO LOOK BACK

Benjamin Franklin was famous on two continents for his "youth" at an advanced age. He was past 50 when he started the study of science and philosophy. At the age of 70 he started studying French. Thomas Scott was 56 when he began to learn Hebrew. Clara Barton took up typing at the age of 89. When Michelangelo was 70, he said, "I am still learning," and some of his best work was accomplished after 80.

SCIENTIFIC EXPLANATION

Today, psychosomatic medicine offers a physical basis for this formula of youth. People who are zestful, curious, eager to expand their mental horizons,

Clara Barton, founder of the
American Red Cross, took up
typing at the age of 89.

do not merely feel younger. Numerous studies have shown that their mental attitudes have a definite effect upon body tissues and functions. Their endocrine glands work better. They have less tension and fewer frustrations. Perhaps the real secret is that they *enjoy* life more.

Psychologist Krikor Kekcheyev wrote in the London science magazine *Nature* about his experiments on the five senses. When pleasant emotions and pleasant ideas were present in the subject's mind, there was an immediate improvement in all the sense organs. The subjects could see better, hear better, taste better, etc.

So, if you want to retain your youth, emulate the mental attitudes of the young: Whet your curiosity, keep growing mentally, keep alive to the world around you and try to find some interest which will challenge you to learn more.

THE COLEMAN STORY

W. C. Coleman is active in The Coleman Company, Inc. of Wichita, Kansas, a business he built with practically no capital to the 18-million-dollar-a-year concern it is today. Mr. Coleman tells me that problems, obstacles and troubles have always been a spur to his practical imagination.

In his youth his eyesight was so bad he couldn't study at night. He learned to read faster, developed his memory, and finished a four-year college course in less than three years. In the lamp business he was beset with one problem after another. But he always managed to come out a little better off than before. The electric light spurred him on to invent a portable gasoline lantern that could stand rough treatment and give as much illumination as an electric light. Today, the Coleman lamp and the Coleman lantern and furnace are famous all over the world.

When William Lyon Phelps introduced Mr. Coleman as a speaker at New Haven, Connecticut, he said, "A man never grows old until he loses his pleasurable anticipation of tomorrow's tasks and opportunities. Coleman is a living example of that creed; he is always happy doing today's job but becomes radiant when he thinks of what is to be done and what there may be done tomorrow."

And that, in a nutshell, is the attitude that will keep you alive as long as you live. It is the fourth-dimension secret of staying young.

WHEN DAUGHTERS MARRY

A MEMO TO MOTHERS

There's a brief opportunity of which every wise mother should take advantage.

BY JOHN NELSON
Master of Ceremonies on the NBC-TV program "Bride and Groom"

The mother of the bride usually weeps at the wedding. She weeps from the sheer beauty of the tableau at the altar, from gratitude that she has brought her little girl so far safely, from sympathy because the child does not know the troubles that lie ahead — and most of all she weeps because she feels she is losing her daughter and will be lonely without her.

This last fear need not come true. The *wise* mother can make a lifelong comrade of her daughter — and without being possessive. The first six months of a daughter's marriage provide the golden opportunity for establishing this new bond. And once it is set up, it will grow, strengthen and endure.

I have seen this happen time and again during the past eight years that I have been master of ceremonies at more than 2,000 weddings on the radio and television show, "Bride and Groom." These weddings have united couples from every conceivable background, from forty-eight states and seventeen foreign countries. They have been a heartwarming and enlightening experience for me. I have learned a lot about marriage from the couples themselves, from discussions with their families, and from letters and visits months and sometimes years after the actual ceremony. And during this time I have become increasingly aware of the difference in the relationship between mother and daughter before and after the wedding. I know that a wise mother *can* transform a daughter into a friend.

A RICH, EXCITING ROLE

The mother who is smart enough to recognize this will find a new career and an entirely different responsibility awaiting her. She will move into a rich, exciting role as confidante and trouble-shooter.

She gets her chance because life today is so simple, yet so complex, and because we are all inclined to take too much for granted. Housekeeping has been made easy, everybody says — push-button kitchens, infrared broilers, quick-frozen foods, canned delicacies, and gimmicks of all kinds. Only, how does one use them to best advantage?

The average bride of today, I have found, has a young mother — young in looks, young in attitude, young in ideas. However, that mother is old enough to have been given some sound homemaking training by *her* mother. Indeed, such training was taken for granted not very long ago. As a consequence, the mother of the present-day bride slipped easily into the role of housewife, absorbing the innovations as they came along and building firmly on the foundation of knowledge and skill she and her mother established together.

Other times, other customs. Nowadays most girls who graduate from high school or college get jobs, if they do not go directly to the altar. They have no real opportunity to learn the elemental rules of making a home — the things their mothers were taught as a matter of course.

As one bride explained it:

"How was I supposed to know anything about selecting drapery fabrics, cleaning rugs, polishing furniture, not to mention cooking anything other than steaks or chops? Among other things, I didn't know how to singe a chicken, or prepare a white sauce, or heat up plates without breaking them, or poach an egg, or make a meat soup out of leftovers. Basic? Sure. But a complete mystery to a girl who has rarely cooked anything but scrambled eggs and coffee for breakfast."

With variations I have heard that plaint innumerable times. It is a crisis that looms mountain-high before the average young bride. She needs someone to turn to, someone to show her the right paths to follow — and who could be better than her own mother?

TIMID MOTHERS

Yet, because we have become so modern, because there has been so much written and said about the interfering mother-in-law, most mothers lean over backward when it comes to offering advice. A casual telephone call after the honeymoon, when the daughter is home alone, offering to give any needed information about household problems, can pave the way. After that the mother should wait to be asked. The questions are sure to come. And while the telephone bill may go up, your standing with your daughter will rise, too.

If the calls are made during the groom's absence, he won't resent them — and, moreover, he will give his bride the credit for any resulting improvements in menus or house.

There's just one warning for the mother-adviser: Keep the conversations off personalities. Figure that a home is a machine for living and that the purpose of the talks is to give pointers on its efficient operation. If a mother does that — without criticizing — she can escape the interference stigma. She should *suggest*, not *insist*.

She is a mature diplomat; she had to be when her young got into mischief, or the cleaning woman decided to quit, or Father forgot the ice cream he had promised to bring home for a company dinner. She is a tower of strength, as she has proven repeatedly in times of sickness and misfortune. She's had to meet the demands of childbirth, the household, the family and approaching middle age with intelligence and grace.

She has acquired a tremendous amount of experience and knowledge, and if she tactfully imparts a mere fraction, she will find respect, pride and admiration shining in the eyes of her newly married daughter. On that basis, they can meet forever after as woman and woman.

LINES FOR LIVING

"The most important thing in life is the way it is lived, and there is no such thing as an abstract happiness, or abstract goodness or morality, or an abstract anything, except in terms of persons."

— Harold Taylor, president of Sarah Lawrence College.

* * *

"Middle age is when your age starts to show around your middle." — Bob Hope.

* * *

"Never miss an opportunity to keep your mouth closed."

— President Eisenhower.

* * *

"The whole question of retirement needs a going over. Some men should be retired at 30, while others should not be retired at 90."

— Francis J. Braceland, M.D., chief psychiatrist, Institute of Living, Hartford, Conn.

* * *

"There will always be a wolf at the door — if you kill him another will come along — but the wolf is good for us and the challenge keeps us strong."

— Lord Dunsany.

* * *

"Just as we live up to what people expect of us, we are inclined to live down to what people suspect of us. The person who feels himself under suspicion will act queerly and confirm the dark doubts about himself. In this way the shadows of suspicion thicken into the clouds of open strife."

— The Rev. Dr. Ralph W. Sockman.

* * *

"When I turned 50, it was like reaching a summit — yet often since then I have said: 'Oh, to be 50 again.' I know now that the time will come when I will say: 'Oh, to be 80 again.' "

— Otto A. Harbach, at 80.

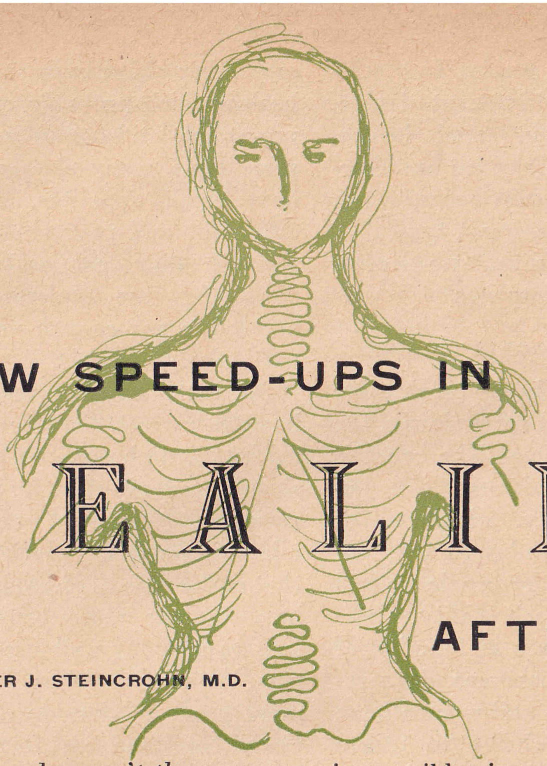
* * *

"What taught me a lot about politics, after fifty years in business, was running for the Senate the first time and getting licked. I learned not to rise to every fly in the pool, wet or dry. I learned not to take too much advice. I learned that the best rule in politics is to be yourself."

— U. S. Senator Ralph E. Flanders of Vermont.

* * *

"The laboratory has a way of producing substitutes and synthetics until it seems there is a synthetic for everything in the world. Eventually, the modern man rushes to the laboratory seeking a synthetic which will give him peace of mind, and he is condemned to disappointment for there is no synthetic for peace of mind." — Bishop Frederick B. Newell.



NEW SPEED-UPS IN HEALING AFTER 50

BY PETER J. STEINCROHN, M.D.

Bone breaks aren't the hazard they once were — thanks to modern treatment.

Not so long ago, a broken bone in anyone of grandparent age meant a long siege of trouble. And if the fracture involved the hip or thigh of an elderly person, the result was apt to be extremely serious.

Today, thanks to newer methods of treatment, bone breaks are much less terrifying. And thanks to better knowledge of diet, it is possible in some cases to strengthen bones to prevent possible fractures, and to encourage bone knitting if an accident does occur.

This optimistic note isn't meant to encourage carelessness in anyone, since in most cases older bones are unquestionably more susceptible to injury than younger ones. Of course, luck comes into the picture, too. I was once called to treat a 90-year-old woman who had just tumbled down a full flight of stairs — and found she had nothing but a few black-and-blue marks. Last winter, a 30-year-old patient of mine, athletic and in good health, slipped on a bit of ice and fractured both bones of her right leg. But these cases aren't typical — they just prove that we doctors meet up with surprises.

THE IMPORTANCE OF CALCIUM

Why should bones break more easily, and heal more slowly, the older you become? The cause is usually what doctors call decreasing vitality, which comes with added birthdays. For example, in many older people we find decreased stomach acidity. There is also a decrease in function of the liver and pancreas. As a result, these men and women have a diminished ability to utilize calcium, the mineral so important for maintaining healthy bone structure. Moreover, because of their reduced powers of fat absorption, they can't utilize sufficient fat-soluble Vitamin D, which is needed to make use of calcium. A further drawback is decreased blood circulation within the bones.

HANDICAPS TO BONE HEALTH

These are what you might call "natural" changes, since they occur to some degree in anyone as years are accumulated. But there are other handicaps to bone health which probably could be prevented, at least in some degree. Thus, many elderly people have small appetites, stomach difficulties and poor elimination. Because they eat unbalanced diets, they are undernourished and fail to get enough vitamins, particularly A and D.

All these changes and lacks have their effect. There is a loss of calcium and phosphorus, and the skeletal system suffers for it. Such patients may get what we call "senile osteoporosis," which means that in the process of aging, bones have become more brittle and fragile; the bony wall loses thickness. As a result, older folks are more prone to develop deformities of the spine, and to fracture bones — and fractures tend to heal slowly. In rare cases, they may not heal at all.

In the presence of senile osteoporosis, the physician will take active measures to prevent trouble. He will prescribe a diet well balanced in protein, carbohydrate and fat, and high in calcium, phosphorus and vitamins. A Vitamin D supplement is often helpful. Drugs will be advised as necessary if pain is present, and heat and massage may be recommended. Since deformities of the spinal column may occur because of body weight itself, the patient is often fitted with a suitable brace or corset.

NEW METHODS OF TREATMENT

Despite preventive care, we all know that accidents can and do happen. So it's comforting to know that bone specialists have developed a number of new techniques and treatments which make fractures much less frightening today than in the past.

Breaks of the arm or lower leg are painful and a nuisance, no matter what your age. But when you pass 50, the big worry for doctor and layman alike has always been the hip or thigh break. There was a time when an elderly patient with this sort of fracture had to lie quietly in bed for months, enveloped in a large, plaster cast. Pneumonia and kidney failure were terrible threats.

They are still the major threats to be faced today, but our methods of coping with them have vastly improved. Now when an elderly person suffers a thigh fracture, the orthopedist (bone specialist) in charge asks himself a number of questions. Can the patient tolerate the effects of lying in bed for a long period? Can he safely undergo anesthesia and operation? Can he risk putting his weight on the broken parts?

Complete study of his patient — and experience — provide him with the decision as to the best method of treatment. The orthopedist tries, above all, to relieve the patient's pain and muscle spasm by applying traction to the leg. He makes sure that the patient will be able to turn in bed — the main preventive of pneumonia. Indeed, he will attempt to get his patient out of bed as early as possible, to ward off both pneumonia and bedsores.

He reduces the fracture, if possible, and keeps the bones in good position by means of special pins, nails or screws. These often do away with the need for plaster casts, and the patient may be out of bed in one or two weeks. Weight-bearing on the fracture is prevented for months by the use of special splints and crutches.

Of course, there are severe hip breaks in which treatment isn't so simple. An operation may be necessary, with its attendant risks, and sometimes poor healing limits the future function of the joint. But there's no question but that the science of orthopedics has come a long way in the last decade or so. Now it's up to us to see how much we can lighten the specialist's load, since the best treatment of fractures — in either young or old — is still prevention.

Talk Happiness

Talk happiness. The world is sad enough
Without your woe. No path is wholly rough;
Look for the places that are smooth and clear,
And speak of those, to rest the weary ear
Of Earth, so hurt by one continuous strain
Of human discontent and grief and pain.

Talk faith. The world is better off without
Your uttered ignorance and morbid doubt.
If you have faith in God, or man, or self,
Say so. If not, push back upon the shelf
Of silence all your thoughts, till faith shall come;
No one will grieve because your lips are dumb.

Talk health. The dreary, never-ending tale
Of mortal maladies is more than stale.
One cannot charm, or interest, or please
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words and make them true.

BY ELLA WHEELER WILCOX*

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THE NEW CLUB LIFE

IN RETIREMENT

All over the nation
a new life is dawning
for senior citizens.

BY RUTH BRINDZE

If you are worried about what you will do in retirement, here is encouraging news: A new and wonderful kind of club life has been developed for older men and women.

Many of you may remember how youth organizations were established forty or fifty years ago because of a sudden realization that boys and girls needed group activity. In the same way, and for a similar reason, clubs are coming into being today all over the nation to serve America's newest and numerically most important leisure class — the men and women who have passed retirement age and now are able and eager to enjoy life.

These "senior citizen clubs" give you an opportunity to meet people and make friends. As a result, they're an antidote to the loneliness so dreaded by all of us, at any age. But the clubs do even more than provide companionship — they also give you the impetus to creative activity that comes from working in a group.

If you set out to find a hobby alone, you might never even try to paint a picture or to "sculp." And even though you talked of doing cabinet work or engaging in some other craft, you might never actually get started. Most people find it lonely to work by themselves. Besides, instruction usually is needed and there is also the problem of buying the necessary — and frequently expensive — equipment and materials. All such difficulties are solved by group activity.

Clubs for senior citizens are still in the formative state and not every community has as yet established one, but the number is steadily increasing. Many are called "Golden Age Clubs," but because there is no standardized name, you may have to do some detective work to locate a local group. Ask at your church, "Y," or at the adult education department of a near-by public school. And if there is no such club in your locality, why not start one? In Nassau County, New York, there are now seventeen such centers, most of them established within the last few years. The one called the "Five Towns Golden Age Club" has been outstandingly successful, and will be used as the example here to show how such an organization operates, and what it can accomplish.

The Five Towns are adjoining communities in suburban Long Island, about an hour's traveling time from New York City. The families living in the Five Towns are as good a cross section of America as you will find anywhere; a few are wealthy, but the majority are folks of moderate or modest means. There are young couples in many of the new houses but enough older people so that when the Golden Age Club was organized in the spring of 1950, it had a membership of twenty-two. Now the figure is just under 100, and membership is still on the upward climb.

THEY ASKED FOR MORE

Did you ever hear of a club that meets four times a week? Well, this one does and there are few absentees at any of the sessions. Originally, only a single weekly meeting was scheduled, but soon members were complaining that six days was too long to wait between get-togethers. In the not-too-distant future, the Club may be in session six days a week. As one Golden Ager told me: "It seems such a waste of time to sit around at home when there are so many interesting things to be done at the Club."

Come along with me to one of the regular meetings and you will understand the reason for this enthusiasm. The Club's head-quarters are in a private house on a quiet street which today — as on every other meeting day — is lined with automobiles. Some of the cars belong to volunteers who help with the teaching and social activities, others belong to members. Transportation is supplied by car-pool arrangements.

WHAT THEY DO

The first room you enter is the center of the social life. There is a refreshment table to which everyone will come during the course of the afternoon for cake and coffee or tea. Three card games are in progress, but the noise does not seem to trouble the people who are reading, or the members of the leathercraft section who are sitting at a long table. One of these leather workers is putting the finishing touches on a handbag that, if bought in a store, would cost at least $50.

In the small sunny room next door a group of women are chatting companionably as they cut and stitch frilly collar and cuff sets, aprons and other articles for the Club's annual sale. The items being produced would put a professional to shame.

A "GRANDPA" MOSES

All is quiet as you mount the stairs to the second floor where more than a dozen men and women are working at easels. The oldest of the painters is a man of 82 who, until he became a Golden Ager, had never held a paintbrush in his hand. Near the window is a 78-year-old woman artist who explains modestly that she had been a designer before her retirement and therefore had had some previous experience in art fields. Both of these painters recently won awards in a highly competitive nation-wide contest in which there were more than 12,000 entries.

The young instructor is obviously proud of her star pupils but gives more of her attention to the others in her group because they have greater need of help and encouragement. The room is crowded and all but one of the students are painting with oils. The exception is a new student who is making a pencil sketch of a bunch of grapes. Suddenly she decides she has finished and she holds up the drawing exclaiming: "Isn't it good?" It really is, and her fellow artists gather around to admire. Afterwards I noticed that the new artist is so badly crippled that she is helpless without crutches.

The ceramic "studio" is next door to the art room, but no class was in progress. So the executive president of the Club and I went in there to talk about how she started the Five Towns Golden Age Club and has made it grow.

STARTING A CLUB

Corinne Daniels is white-haired. As a result of a knee operation she needs a walking aid, but it would take far more than age and a physical disability to stop her. She began her campaign after hearing a speech by Dr. George Lawton, noted gerontologist, on the problems of older people. Remembering how her mother had struggled to keep life interesting, and how many older men and women just sit at windows and watch the world go by, she was determined to go back to her home town and start a club for its senior residents.

Everyone Mrs. Daniels spoke to about the project agreed that it was a sound idea. But for two years she got little concrete help. During all that time Mrs. Daniels carried on a one-woman campaign, until finally she had promises of assistance from the local school board and county and state authorities. She wanted outstandingly good teachers, for she believes — and the Five Towns Golden Age Club proves her right — that the potentialities of older people are unlimited. The need was for teachers so gifted and inspired that they would not hold back their pupils!

Mrs. Daniels believed that in her locality the club would have the greatest appeal if it were completely independent. This decision gave rise to the problem of a place to meet, but this was solved eventually when a generous citizen offered the use of her home.

HOW IT IS RUN

The first members were recruited from lists supplied by ministers, doctors and friends. This group wanted nothing "for free"; they even objected because the organizing committee had contributed refreshments for the first get-together.

At first, no one had any suggestions about projects for the Club. But Mrs. Daniels herself was interested in leather work, so she brought some of her materials to the second meeting. Once she started to hammer and to stitch, the general inertia disappeared. Having seen what could be done, everyone was enthusiastic about trying leather work.

From this single project the Club has steadily expanded its program and its membership. The Club has drama and choral groups, sponsors a lecture series and issues a regular news bulletin. Its organization is conventional — the members elect a president, committees and sub-committees — and there is also an advisory committee composed of leading citizens of the Five Towns. There is now a paid group leader, and a part-time paid secretary, but volunteers do much of the work.

WHAT IT CAN MEAN

What can such a club mean to you? The best way of summing it up is to quote from an article written by a member of the Five Towns Golden Age Club and published in one of its recent bulletins:

"I am a stranger here. I live with my daughter and her family. They are all very kind and loving people, and they tried their best to make me feel happy, but they have their own life to live, their friends, their home, their children, their interests in which I felt as an outsider, because I did not want to interfere with their organized life. Not having anybody with whom to converse, I felt very lonely. Then somebody introduced me to the Club.

"I am often astonished to hear that somebody is doing something only to kill time. How can you want to kill such a precious thing when we have so short a time to develop all the good things that we were too busy to develop when we were young? My time is so occupied that I find even television is a waste of time. It is really a blessing to belong to the Club, and every one of us is obliged to help it function with what he or she is able to do."

CONTEST NEWS

The coming of summer has brought many inquiries from readers who want to know more about the Carrier Weathermaker air conditioning plant featured in the Grand Prize Home, in the Journal's 1954 Home Award Contest. We regret that we are not equipped to supply this information. However, the Carrier Corporation informs us that they will be glad to send an 8-page, colorful brochure, free and without obligation, to anyone who is interested. This brochure gives full details about the famous Weathermaker home air conditioner. Write to: Carrier Corporation, Dept. J, 300 South Geddes Street, Syracuse 1, New York.

— The Editors.

Testimonies for richer living from the great religions.

THE POWER OF PRAYER

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent?

If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?

— *New Testament* (*Matthew*).

★ ★ ★

Never, Lord, have I prayed to thee with ill success.

— *Mohammedanism* (*The Koran*).

★ ★ ★

Who practices sincerity and bows down to God, accomplishes his heart's desire.

— *Sikhism* (*Siri Rag*).

★ ★ ★

First and pre-eminent, excelling all besides, are the kind gifts of the liberal Lord of Prayer. These are the gifts of Him, the Strong, who should be loved.

— *Hinduism* (*Rig-Veda*).

★ ★ ★

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

— *New Testament* (*Matthew*).

★ ★ ★

If thou shalt seek the Lord thy God, thou shalt find him.

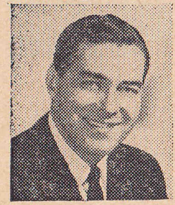
— *Old Testament* (*Deuteronomy*).

LIFE BEGINS AT 80

BY JACK BARRY

M.C. of the DuMont TV Show

Trouble with relatives?
Use the business approach.



Is one home ever big enough for two families to live in without any friction?

Yes, insists William Johns, 84, a guest on my TV show "Life Begins at 80," and he offers his own experience as proof.

"My wife and I, our two children, and my wife's parents lived together in perfect harmony for many years," he explains. "We got along famously. Since my wife passed on ten years ago, I've continued to live with my daughter Dorothy. My son is married and lives a few miles away. We're all completely compatible."

I commented that many folks aren't quite so fortunate when it comes to getting along with relatives, including their own children. Yet very often circumstances require that they all live under one roof, and sometimes this results in flare-ups, silent resentments, or unpleasant tensions that leave everyone miserable.

"I don't like giving advice," Mr. Johns told me, "but I will say this: When our own families are involved, we take too much for granted. What we need at home is a more businesslike attitude."

Mr. Johns smiled at my obvious astonishment, and went on:

"In the business world, we know the importance of a smile and a handshake. We soon learn that courtesy, patience and understanding are more than catchwords. Lose those qualities and you lose the client. It's as simple as all that. So we make sure to put our best foot forward. Don't those nearest and dearest to us deserve the same consideration?

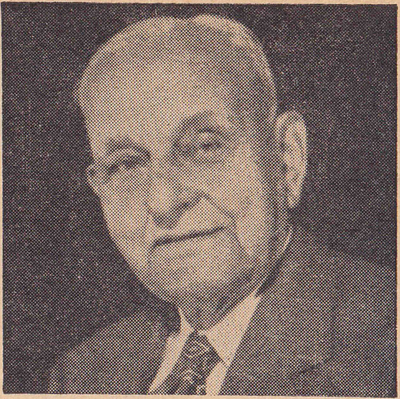
"We hear a lot about the 'one big family' that successful businessmen try to make of their employees. No effort is spared to make each worker realize that he is part of the team, that he is liked, appreciated and important. I often feel that if people would bring some of the good practices they use in business into the home, family relationships would be a lot happier."

I asked him how he had reached that conclusion, and he said:

"In 1899 I had my first really big job. The meat-packing firm of Swift and Company sent me abroad to establish its foreign agencies. John Hay, who was then Secretary of State under President McKinley, gave me a letter to our consuls in the various countries I was to visit, requesting diplomatic courtesies for me.

"That letter did more than just open doors that might have remained closed. Using it as an introduction gave me the responsibility of learning how to get along with people — all kinds of people. I set up agencies in China, Japan, Siberia, Cuba, Puerto Rico, Panama and several other countries. So I saw firsthand how different people lived.

"And the important thing I discovered was that while customs and climates vary dramatically, people all over the world share one thing in common. Where there is mutual respect and understanding, they become friends. That is the real key to success in both business and personal life.



William Johns

"Doing business in many lands taught me to develop a broad margin of tolerance for the differences among people. When I met a man who didn't see things my way, I didn't conclude, 'I'm right, he's wrong.' Instead, I thought: 'We're just different. I must make an effort to understand him.'"

And then Mr. Johns pointed out to me:

"All this applies equally well when it comes to relatives. 'Diplomatic courtesies' also pay off with them. A mutual respect for each other's tastes and temperaments, a spirit of give and take, and above all, an open mind for the other's point of view — what else can it all add up to but a happy family life?"

FOOD WAYS TO FIGHT SUMMER FATIGUE

Skim Milk For Fitness

Career Girl At 46

BY VICTOR H. LINDLAHR

You know the old saying — everybody talks about the weather, but nobody does anything about it. We're going to be different and state that while there is plenty of hot weather throughout the country, with more to come, there's something very definite that you *can* do about it.

Some of you feel the heat terribly, and terribly is the word you use. You may be cranky, irritable and so short-tempered that you can't even get along with yourself. A bigger percentage of you are so lackadaisical and listless that you don't particularly care what happens.

But is all this what hot weather does to you — or is it what you're doing to yourself? In our opinion, the second question is the important one, because many of those unhappy effects can be avoided or overcome if you know what to eat during summer months.

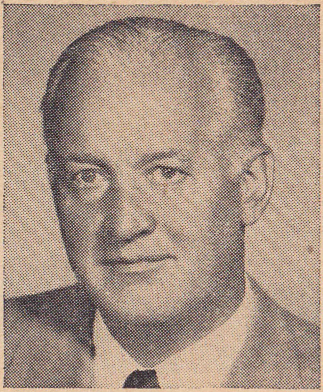
And the first thing to understand is the calorie. You just have to be aware of the basic physiological fact that the calorie is primarily a measure of heat. Every calorie's worth of food you eat is a potential source of body heat.

For example, 100 food calories — the amount contained in just two small chocolate creams or one eight-ounce glass of soft drink — will produce enough heat to bring a quart of cold tap water to the boiling point. That's why it isn't just the fat folk who need to know about calories. Even if you are thin as a rail, you have to watch your foods if you are bothered by summer heat.

Suppose you were asked to choose between these two lunches on a scorching July day: a cup of hot vegetable soup, broiled chicken, mashed potatoes and melon for dessert; or tomato juice, cold cuts, potato salad and a dish of ice cream.

If you're like eight out of ten people, you'd select the cold cuts and potato salad meal — "it sounds so cool and summery." But the truth is, that's cold-weather eating. The lunch contains no hot foods, but it adds up to around 1,000 calories for average portions.

The first lunch, on the other hand, would yield about 450 calories — less than half the heat-making potential of the second.



VICTOR H. LINDLAHR

So if you've been envying a friend who always seems to feel and look comfortable, and who has plenty of pep and energy right through hot spells, stop crediting her with being born lucky and take a look at her eating habits. Chances are she has found out already that right choices at the dinner table really pay dividends.

★ ★ ★

SKIM MILK FOR FITNESS

To judge from the letters many of you send in, there seems to be a widespread notion that the chief virtue of skim milk is its comparative low price.

But this is far from being the case. Overwhelmingly the most important reason why some of you should use skim milk, and even give it to your children, is that such milk may be better for your health than the regular kind.

Remember that when you take the cream off milk, you are removing only the fat. (Vitamin A is linked to fat, so it also is lost, but this isn't serious since most of us eat enough butter or fortified margarine to make up the difference.) The skim milk that is left retains all the wonderful protein, mineral and B vitamin values of whole milk.

Now, youngsters who are too plump certainly don't need the fat that's found in whole milk. Neither do the millions of men and women who weigh more than they should. And the same thing is true of folks who are moving into their sixties and seventies.

All of these groups need the basic values of milk — but they don't need the fat, and are better off without it. So drinking skim milk isn't primarily a question of saving money — it can be a matter of keeping more fit.

★ ★ ★

CAREER GIRL AT 46

We think you'll enjoy as much as we did the story of Mrs. B.E.S. of Brooklyn, New York, who recently wrote: "I'm rather proud of the fact that I became interested in better eating back in 1935. At that time, I weighed almost 200 pounds, but I soon got my weight down to where it should be, and have kept it there ever since.

"My husband travels continually, so when my son enlisted in the Second World War, I got myself a bank job at the age of 46 — mind you, after spending twenty-four years in my home and kitchen. I'm still a career girl and doing all right.

"I belong to a club of ten ladies who have been meeting regularly for over thirty years. I went to public school with three of them. Whenever we have a special gathering, my husband says, 'Gee, kid, if you don't look fifteen years younger than the rest of them, I'll eat my hat.'

"With right eating, I know I can stay that way, for after all our years of marriage, I still want to look my best for the nicest husband in the world. Don't know whether you will be interested in this letter, because I'm just an average person."

Average? We think Mrs. S. has a pretty superior record — and one which gives a clearer picture than any text book of what better eating can mean over the years.

THE STAY-YOUNG MEAL-PLANNER AND RECIPES FOR WHAT AILS YOU

The "Stay-Young Meal-Planner," which appears each month in the Journal of Living, *offers you attractive menus scientifically designed to provide, in proper proportions, all the nutrients now known to be essential for more youthful, healthful living. Fourteen different lunches and dinners are suggested in each one as a pattern for a month of unexcelled eating pleasure. These menus are on the next two pages, with breakfast suggestions at the top of each.*

Keyed to the "Meal-Planner" and appearing right after it are four "Recipes For What Ails You." These unusual dishes are planned especially for people on special diets, but can be thoroughly enjoyed by nonrestricted eaters as well. Each recipe has been approved for its recommended use by Mary Anna S. Ferraro, consulting nutritionist and member of the American Dietetic Association. You are reminded, however, that conditions complicated by other factors require the use of only those specific foods allowed by the physician.

For your convenience, Journal *recipes are printed index-card size, two to a page, each one continuing on the back.*

Breakfast Fruit And Beverages: Choose citrus juice (4-ounce glass) or tomato juice (8-ounce glass) or 1 serving of raw or canned citrus fruit, berries or melon. A glass of whole or skim milk is recommended.

DINNER
Tossed cucumber salad (Recipe No. 883); Chicken Continental (Recipe No. 890); New potatoes; ‡Almond-topped green beans; Red raspberries; Sponge cake.

SUPPER
Cream of chicken soup; Pineapple-strawberry salad (Recipe No. 892); Philadelphia cream cheese; Toasted split rolls; Crabapple jelly; Milk.

LUNCH
Jellied tomato consommé with lemon; Stuffed egg salad on lettuce; Radishes and green olives; Corn-meal muffins; Peach conserve; Milk.

DINNER
Mixed greens salad; Broiled hamburgers on split toasted buns; Sliced tomatoes; Sliced onions; Mustard pickles; Potato chips; Fruited raspberry gelatin.

LUNCH
Diced orange, banana and pineapple salad; Grilled Cheddar cheese and bacon sandwiches on whole wheat bread; Carrot sticks; Milk.

DINNER
Molded crisp vegetable salad, cooked dressing; Spiced round steak (Recipe No. 874); Whipped potatoes; Young beets with greens; Fresh or canned apricots.

LUNCH OR LUNCHBOX
Grapefruit juice; Minced spiced steak (leftover from Tues.) and sweet relish sandwiches on pumpernickel bread; Applesauce; Peanut cookies; Milk.

DINNER
Tossed greens salad; Broiled lamb kidneys (Recipe No. 897); Paprika-buttered potatoes; Summer squash; ‡Royal raspberry cooler; Caraway seed cookies.

LUNCH
Lettuce salad with chive dressing; Grilled cheese and tomatoes on toasted English muffins; Fresh pineapple wedges; Milk.

DINNER
Coleslaw with diced apple; Baked pork chops; Scalloped potatoes; Parslied young carrots; Sliced fresh peaches.

LUNCH
Chilled tomato juice with lemon; French omelet with grated cheese; Split toasted hard rolls; Apricot jam; Fresh or canned cherries; Milk.

DINNER
Lettuce, chicory and escarole salad, piquant dressing; ‡Salmon molds with cheese sauce; French-style green peas; Mixed green pickles; Cantaloupe.

LUNCH
New England clam chowder; Toasted crackers with butter; Minted citrus salad (Recipe No. 868); Sliced Swiss cheese; Milk.

DINNER
Lettuce and sliced tomato salad; Panbroiled minute steaks; Parslied new potatoes; Green lima beans with scallions; Strawberry chiffon whip (Recipe No. 896).

‡ Recipes for these dishes appear on pages 71–74.
Recipes referred to by number have appeared in recent issues.

Breakfast Egg Or Cereal: Choose 1 egg (weekly meals should contain at least 4 eggs) or 1 serving of whole grain or enriched cereal with milk. Bread or toast should be served with the egg.

DINNER *Combination vegetable salad; Veal steak with mushrooms (Recipe No. 894); Baked potatoes; Stewed fresh tomatoes; Fresh lime sherbet; Coconut macaroons.*	**SUPPER** *Cream of asparagus soup with croutons; ‡Cantaloupe fruit ring, citrus dressing; Cottage cheese; Whole wheat rolls; Raspberry jelly; Milk.*
LUNCH *Coleslaw with green peppers; Tomato-cheese rabbit on crisp enriched toast; Fresh or canned peaches; Milk.*	**DINNER** *Carrot sticks and green pickles; Piquant liver sauté (Recipe No. 882); Whipped potatoes; Swiss chard piquant (Recipe No. 895); Fresh diced pineapple.*
LUNCH OR LUNCHBOX *Celery and green olives; Sliced egg and sweet relish sandwiches on whole wheat bread; Fresh apricots; Icebox cookies; Milk.*	**DINNER** *Lettuce, radish and scallion salad; Cheese soufflé; Crisp bacon strips; Young sliced beets with lemon-butter; Fresh peach cobbler.*
LUNCH *Lettuce salad with Russian dressing; Scrambled eggs with diced ham loaf; Pumpernickel toast; Apple jelly; Fresh or canned red plums; Milk.*	**DINNER** *Mixed greens with tomato dressing; Broiled lamb patties; Creamed new potatoes; Slivered green beans; Black raspberries; Oatmeal cookies.*
LUNCH *Chicken-noodle soup (canned); Split finger rolls spread with tuna fish, celery and chopped olive filling; Citrus fruit cup; Gingersnaps; Milk.*	**DINNER** *Chilled tomato juice with lemon; Broiled chopped round steak; Potato salad; Broccoli with gourmet sauce (Recipe No. 888); Cantaloupe.*
LUNCH *Chilled grapefruit juice; Eggs à la king on crisp toast; Potato chips; Carrot curls; Stewed fresh cherries; Brown sugar cookies; Milk.*	**DINNER** *Tossed greens salad with Parisian dressing; Tomato-topped haddock fillets (Recipe No. 886); Steamed rice; Green lima beans; Chocolate pudding (Recipe No. 893).*
LUNCH *Cream of vegetable soup; Fresh peach halves on lettuce topped with cottage cheese and chopped nuts; Raisin bread toast; Milk.*	**DINNER** *Green bean-pimiento salad (Recipe No. 887); Browned corned beef hash; Stewed fresh tomatoes with orégano; Watermelon.*

‡ Recipes for these dishes appear on pages 71–74.
Recipes referred to by number have appeared in recent issues.

RECIPES FOR WHAT AILS YOU

SALMON MOLDS WITH CHEESE SAUCE

Recipe No. 898 • Ingredients For 4 Servings

1 pound canned red salmon
¾ cup crushed corn flakes
1¾ cups milk
3 tablespoons butter or margarine
1 teaspoon salt
2 eggs
2 tablespoons flour
½ cup mild American cheese, grated

Recommended: When roughage must be restricted; especially suitable for basic ulcer and colitis diets and convalescent menus. Yield per serving: 33.5 grams protein; 35 grams fat; 12.7 grams carbohydrate; 470 calories.

Once you try this unusual way of preparing salmon, you'll agree that blandness needn't mean lack of flavor. And the dish has the added virtue of being ideal for unexpected company — the ingredients are ones you probably have on hand all the time. Be sure to follow directions carefully since the salmon-egg molds must be set in a pan of water to bake.

(*Recipe continued on back*)

RECIPES FOR WHAT AILS YOU

ROYAL RASPBERRY COOLER

Recipe No. 899 • Ingredients For 6 Servings

1 pint fresh red raspberries
1 cup sugar
1 cup boiling water
½ cup fresh lime juice
2½ cups ice water
12-ounce bottle ginger ale
6 sprigs fresh mint

Recommended: When fat must be restricted; especially suitable for basic gall bladder and liver diets. Yield per serving: .5 gram protein; .1 gram fat; 9.1 grams carbohydrate; 175 calories.

Cooling, fresh-fruit drinks are tops on everyone's list of what's welcome right now, and fortunately they're well suited to diets calling for a low fat intake. This refreshing beverage is a combination of slightly cooked and strained raspberries, lime juice and ginger ale, served with a tall sprig of mint. Make up the fruit syrup at lunchtime, and you can produce a frosty drink in minutes when you want an afternoon cooler.

(*Recipe continued on back*)

(*Recipe No. 898 continued*)

Time Table: Allow about 1 hour (15 minutes free time).

Preparation: 1. Oil 4 custard cups on inside.

2. Set oven indicator at 350° F.

3. Open can of salmon and empty contents into mixing bowl. Remove all bones and skin. Flake salmon into small pieces with fork.

4. Roll corn flakes between two pieces of waxed paper to crush them. Sprinkle over salmon.

5. Pour ½ cup of the milk into small saucepan; add 1 tablespoon of the butter, and ½ teaspoon salt. Heat to scalding point.

6. Beat eggs in small bowl until well mixed. Add to salmon.

7. Pour hot milk over salmon and mix well. Pack into custard cups.

8. Set cups in 2-inch-deep baking pan. Pour hot water around cups to depth of 1 inch. Place in oven and bake 30 to 40 minutes at 350° F. When done the molds should be firm and lightly browned on top.

9. While salmon bakes, melt remaining 2 tablespoons butter in saucepan. Stir in flour and remaining ½ teaspoon salt to make smooth paste. Add 1¼ cups milk gradually, stirring until smooth.

10. Grate cheese. Stir into thickened sauce. Cook just until cheese is melted.

11. Loosen molds around edges and turn out on serving plate. Pour cheese sauce over them and serve.

For complete meal, including this dish, see Meal-Planner, Dinner No. 6, page 69.

(*Recipe No. 899 continued*)

Time Table: Allow about 20 minutes to prepare this cooler. Chill raspberry syrup at least 1 hour (free time) before adding other ingredients and pouring over ice.

Preparation: 1. Pick over raspberries to detect damaged fruit, and put into strainer. Wash under cold water. Drain.

2. Put sugar in saucepan and add boiling water. Set over heat and boil 5 minutes. Add raspberries to syrup, bring back to boil and cook ½ minute.

3. Strain raspberry syrup through medium-fine sieve into bowl. Press as much of pulp as possible through sieve, but not the seeds. Chill syrup, tightly covered, in refrigerator for at least 1 hour.

4. Extract and strain lime juice. Add it to chilled raspberry syrup. Add ice water and ginger ale. Wash mint sprigs and drain.

5. Put 2 or 3 ice cubes in each of 6 tall glasses. Pour raspberry cooler over them.

6. Garnish glasses with sprigs of fresh mint and serve at once.

Note: Select limes which are heavy for their size to get maximum juice from this citrus fruit. Coloring of the peel isn't too important, since limes when ripe may be a full green, all yellow, or a greenish yellow, but avoid any with soft spots or signs of mold.

For complete meal, including this dish, see Meal-Planner, Dinner No. 4, page 69.

ALMOND-TOPPED GREEN BEANS

Recipe No. 900 • *Ingredients For 4 Servings*

¼ cup blanched almonds
 (freshly shelled)
Boiling water to cover
1 pound green snap beans
½ teaspoon salt
1 cup boiling water
2 tablespoons butter or margarine

Recommended: When starch and sugar must be restricted; especially suitable for basic diabetic diets. Yield per serving: 3.8 grams protein; 11 grams fat; 6 grams carbohydrate; 130 calories.

Here's a party treatment for green beans which makes this vegetable look — and taste — like a chef's creation. You quick-cook slivered beans as usual, then top them with blanched almonds that have been delicately browned in a bit of butter and split lengthwise. Try it with fresh beans now that they're plentiful, and with canned or quick-frozen ones later on.

Time Table: Allow about 30 minutes

(*Recipe continued on back*)

CANTALOUPE FRUIT RING

Recipe No. 901 • *Ingredients For 4 Servings*

1 medium-sized cantaloupe
1⅓ cups diced fresh pineapple
1 cup ripe blackberries
 (or raspberries)
4 sprigs mint
4 leaves lettuce
2 tablespoons lemon juice
⅓ cup orange juice
¼ teaspoon liquid non-caloric sweetener

Recommended: When calories must be restricted; especially suitable for people who must avoid gaining weight or who are trying to reduce. Yield per serving: 1.3 grams protein; .6 gram fat; 17 grams carbohydrate; 70 calories.

Are you like one reducer we know who said she was looking for a way to serve fruits that would positively prevent her from using sugar and cream on them? This is your dish, then — whether for dessert, luncheon salad or bridge-party special. It comes with its own topping of fruit juices which have been blended with a

(*Recipe continued on back*)

(*Recipe No. 900 continued*)

to prepare and cook beans. If almonds must be shelled, allow an extra 5 to 10 minutes.

Preparation: 1. Put shelled almonds in bowl. Pour boiling water over them to cover. Let stand 5 minutes or until skins wrinkle and begin to loosen. Drain.

2. Rub skins off with fingers. Lay blanched nuts on paper towel to absorb moisture. Turn them over on dry portion of towel while beans are cooking.

3. Wash green beans in cold water. Drain. Trim off blossom and stem ends. Split beans lengthwise, then cut across in pieces about 1½ inches long.

4. Put slivered beans in a 2-quart saucepan; add salt and 1 cup boiling water. Set over heat and return water to boil. Cover pan and cook beans 12 to 15 minutes until tender. Do not overcook.

5. While beans are cooking, heat 1 tablespoon butter in small skillet. Add blanched almonds and cook slowly, stirring frequently, until nuts are delicately browned.

6. Remove nuts from heat. Split them lengthwise.

7. Drain cooked green beans. Add 1 tablespoon butter and stir beans lightly with fork. Transfer them to serving dish.

8. Top cooked beans with browned almonds. Serve piping hot.

For complete meal, including this dish, see Meal-Planner, Dinner No. 1, page 69.

(*Recipe No. 901 continued*)

liquid non-caloric sweetener, and the presence of the lettuce will ward off any temptation to reach for the cream pitcher.

Time Table: Allow 25 to 30 minutes to prepare and arrange salads.

Preparation: 1. Prechill all fruits and the lettuce. Chill serving plates.

2. Cut cantaloupe in halves, crosswise. Remove seeds and fiber.

3. Cut two rings about ¾ inch thick from each cantaloupe half. (Wrap end pieces in waxed paper and save for future use in fruit cup.)

4. Pare rind from rings. Lay on waxed paper.

5. Cut 3 slices from ripe pineapple. Remove rind and eyes. Remove center core. Cut pineapple into small wedges, dropping them into a bowl.

6. Wash fresh blackberries under cold water. Drain. Select mint sprigs, wash and drain.

7. Lay a lettuce leaf on each chilled plate.

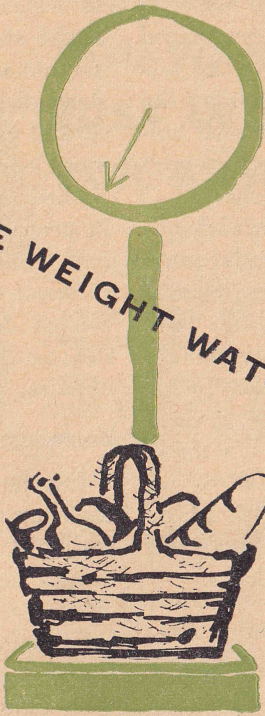
8. Arrange cantaloupe ring on each lettuce leaf. Heap pineapple in center of ring and top with blackberries. Garnish with mint.

9. Extract lemon and orange juices. Mix in cup or bowl with liquid non-caloric sweetener.

10. Spoon 2 tablespoons of the fruit juice dressing over fruit ring. Serve at once.

For complete meal, including this dish, see Meal-Planner, Supper No. 2, page 70.

PLANNING THE WEIGHT WATCHER'S PICNIC



Going on a picnic without breaking any diet rules may seem like a real problem, but actually there's no reason why you can't enjoy as many picnics as the rest of the family. All that's necessary is a bit of advance planning — and plenty of know-how.

Whether you're cooking food over an open fire, carrying cold fare or bringing items from the kitchen to a back-yard table, your main dish should consist principally of lean meat or cheese. Good choices include broiled or grilled hamburgers, steak or hot dogs; boiled or baked ham; pot roast; cottage or Cheddar cheese; and broiled or roast chicken.

If possible, you should put a serving of one of these on a plate, and eat it plain. But on occasions when sandwiches seem necessary, you can dodge extra calories by limiting yourself to one traditional sandwich (two thin slices of bread, buttered very lightly) and one weight-watcher's special consisting of meat or cheese placed between leaves of crisp, dry lettuce. Another way of solving the sandwich problem is to stuff hollowed-out halves of green pepper with seasoned cottage cheese.

Certain kinds of sandwich fillings are taboo if pounds are a problem: jams and jellies, peanut butter, dried-fruit fillings and those moistened with mayonnaise.

Potato salad is another picnic stand-by that must be crossed off your menu unless it's made with a minimum of fat or oil (no mayonnaise) and with a high proportion of celery, peppers and other low-starch ingredients.

POTATO CHIP SUBSTITUTES

The "extras" so often packed in picnic baskets can make or break your calorie budget for the day. Items to be avoided are potato chips, olives, crackers, corn chips, nuts and any other fatty or sweet tidbits. In their place, take along your own special assortment of nibbling foods — whole tomatoes, crisp celery stalks, carrot sticks, green onions, radishes, cauliflowerets, etc.

THE EGG AND YOU

Deviled eggs are to picnics what fireworks are to the Fourth of July, but if you're trying to take off weight, you must steer clear of the standard type made with mayonnaise. Anyone on a fairly strict diet should settle for hard-cooked eggs; if you have a little more leeway, why not substitute cooked dressing for mayonnaise in preparing deviled yolks? The score runs like this: plain egg, 75 calories; deviled egg made with cooked dressing, about 90 calories; deviled egg made with mayonnaise, 160 calories.

BEVERAGES AND DESSERTS

Use the same rules for beverages that you would apply if you were eating at the dinner table. Cola drinks, beer, and sweetened lemonade and iced tea are all too calorific for weight watchers. Coffee or tea, taken "straight" or with skim milk or lemon, are probably your best bets, next to plain cold water.

Fortunately for your will power, fruit is one of the most popular desserts to wind up a picnic meal. It's easy to carry, and tastes just right after hearty fare. Almost any fresh fruit is suitable — peaches, melons, apples, pears, plums, etc. Watermelon is an especially good choice, since it doesn't seem to "go" with cookies or cake, and thus will help you forestall temptation.

THE YOUNGISH FIGURE YOU WANT— JUST IN TIME FOR SUMMER!

Now is the time to start . . . if you want a slimmer, younger figure this summer. You'll look better in summer clothes and in a bathing suit. And you'll feel better, too.

Best of all, you won't feel as though you're dieting, with Victor H. Lindlahr's practical, easy-to-follow cook book: 201 TASTY DISHES FOR REDUCERS.

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UNCONDITIONAL MONEY-BACK GUARANTEE

WHO SHOULD TAKE SALT TABLETS?

Non-Caloric Sweeteners
How Safe Is "Bought" Ice?
Goat's Or Cow's Milk?

I work in an office where several of the employees take salt tablets during hot weather. Do desk workers really need that much extra salt?

— Mrs. V. V., Plainfield, N. J.

Probably not, since salt tablets are designed for people who work in places where high temperatures cause an extreme amount of sweating. It's highly unlikely that anyone sitting at a desk all day would require more salt than can easily be obtained from eating an occasional salty food and using the customary amount of salt in cooking. Much more common in hot weather is lack of enough water or other fluid to make up for losses in perspiration. Many health authorities recommend the habit of drinking a little cool water every hour on hot days.

If you feel the need for extra salt beyond what you get in food, you can add a bit to water, milk or other beverages. An occasional salt tablet won't be harmful, provided common sense is used. Most labels on salt-tablet bottles warn that not more than one tablet should be taken at a time (a maximum of six to ten daily), and that each tablet should be followed by a glass of water. This dosage, remember, is for people working at high temperatures.

NON-CALORIC SWEETENERS

A liquid, non-caloric sweetener is sometimes listed as an ingredient in your recipes intended for dia-

betics. Where can I buy this sugar substitute?

— Mrs. E. V. F., Mesa, Ariz.

Liquid, non-caloric sweeteners are sold in drug stores, just as is the more familiar saccharin. Several brands are available, most of them packaged in bottles which release the liquid in drops.

GOAT'S OR COW'S MILK?

Does goat's milk have more food value than cow's milk?

— W. C. H., Alhambra, Calif.

For all practical purposes, one of these milks is as good as the other. However, goat's milk can sometimes be used by people who are allergic to cow's milk, and in such cases has extra value.

HOW SAFE IS "BOUGHT" ICE?

In the summer, we sometimes buy ice in cubes and cakes from dealers. Is it really safe to put such ice right in beverages?

— Miss S. L., Washington, D. C.

Cake ice is usually of high quality today, but cubed and crushed commercial ice should be viewed with suspicion, according to a recent issue of *Public Health Reports*. Any commercial ice will be pure only if it is made from tested water, and if the dealer maintains high sanitary standards in his plant. Nowadays, you can usually count on the quality of the water used — but far too often, careless handling of ice causes it to become contaminated with bacteria. Since cake ice needs little treatment, it is by long odds the safest kind to use. Crushed or cubed ice may be heavily contaminated, and unless you're sure of its source should not be put into beverages, or allowed to touch foods.

DRIED YEAST VALUES

Can the dried yeast used for baking be added to cereals and other foods as a supplement?

— Mrs. S. H., Decatur, Ind.

No. Food scientists have discovered that a "live" yeast — one capable of leavening bread, rolls, etc. — isn't a good source of vitamins if it's eaten raw. Furthermore, such raw yeast even interferes with the body's absorption of thiamine and riboflavin from other foods. So the yeasts used in baking (either fresh or dried) are not meant to be eaten by the spoonful. Dried brewers' yeast, on the other hand, is not "live" since its cells have been killed by heat. As a result, the Vitamin B complex in it can be used by the body, and such yeast can be taken as a supplement.

Recipe Index/January–June 1954

Make the most of our Food Section by using this easy index as a guide and a reminder of healthful dishes described in recent issues.

RECIPES FOR WHAT AILS YOU

NO.	NAME	DIET PURPOSE	TYPE	ISSUE	PAGE
870	Roast Chicken, West-Coast Style	Low Fat	*Main*	JAN.	75
880	Black Cherry Sponge	Low Fat	*Dessert*	FEB.	73
884	Enriched Scalloped Potatoes	Low Fat	*Vegetable*	MARCH	73
889	Rhubarb-Pear Compote	Low Fat	*Dessert*	APRIL	75
892	Pineapple-Strawberry Salad	Low Fat	*Salad*	MAY	77
895	Swiss Chard Piquant	Low Fat	*Vegetable*	JUNE	77
871	Stuffed Sweet Potatoes	Low Roughage	*Vegetable*	JAN.	75
878	Egg-Drop Soup	Low Roughage	*Soup*	FEB.	71
885	Lemon-Rice Meringue	Low Roughage	*Dessert*	MARCH	73
886	Tomato-Topped Haddock Fillets	Low Roughage	*Main*	APRIL	73
891	Fresh Asparagus Soufflé	Low Roughage	*Vegetable*	MAY	75
896	Strawberry Chiffon Whip	Low Roughage	*Dessert*	JUNE	79
872	Holiday Relish Tray	Low Carbohydrate	*Appetizer*	JAN.	77
879	German-Style Red Cabbage	Low Carbohydrate	*Vegetable*	FEB.	71
883	Tossed Cucumber Salad	Low Carbohydrate	*Salad*	MARCH	71
888	Broccoli With Gourmet Sauce	Low Carbohydrate	*Vegetable*	APRIL	75
893	Fluffy Chocolate Pudding	Low Carbohydrate	*Dessert*	MAY	77
894	Veal Steak With Mushrooms	Low Carbohydrate	*Main*	JUNE	77
873	Winter Fruit Compote	Low Calorie	*Dessert*	JAN.	77
887	Green Bean-Pimiento Salad	Low Calorie	*Salad*	APRIL	73
881	Corn-Meal Refrigerator Rolls	Low Salt	*Bread*	FEB.	73
890	Chicken Continental	Low Salt	*Main*	MAY	75
882	Piquant Liver Sauté	Blood Building	*Main*	MARCH	71
897	Broiled Lamb Kidneys	Blood Building	*Main*	JUNE	79

RECIPES TO KEEP YOU FIT

866	Creole Veal Cutlets	Protein	*Main*	JAN.	71
867	Broccoli Hollandaise	Vitamin A	*Vegetable*	JAN.	71
868	Minted Citrus Salad	Vitamin C	*Salad*	JAN.	73
869	Ham And Split-Pea Soup	Vitamin B	*Soup*	JAN.	73
874	Spiced Round Steak	Protein	*Main*	FEB.	67
875	Tri-Fruit Sherbet	Vitamin C	*Dessert*	FEB.	67
876	Baked Limas With Cheese	Vitamin B	*Main*	FEB.	69
877	Marinated Carrot Salad	Vitamin A	*Salad*	FEB.	69

YOU TELL US

Help For Nurses' Problems
No Bad Young People
More Quiet, Please!
Another "Beautiful Woman"

True-life experiences, ideas and comments from readers' letters to the editor.

I thought you might like to know how your magazine helps the maturer nurse in the many socio-medical problems that come to her door, after hours. Some weeks ago, a friend of mine came to me worried over the social implications of serious illnesses in her family. It so happened that I had just read an article in *Journal of Living* that touched upon her problem. I loaned her that issue. Later, she came to me and asked if she might take the magazine to a sister in the Army hospital here. I looked up other issues and sent the lot out to her, relieving her then of any responsibility for returning them. I thought others out there might be interested, too.

— Flora Murray, R.N., San Antonio, Tex.

AWAKENER

Your very intelligent and intriguing article on "The Strength Of The Ages" [March 1954] awakens a sense of alertness and responsibility for which I sincerely thank you.

— Joseph Lofthouse, Bradenton, Fla.

★ ★ ★

"NO BAD YOUNG PEOPLE"

People wonder what is the matter with young people today. Nothing is the matter with young people. It's the old people who have started the world wrong, and the young people find themselves in it. I am 72. I was principal of several excellent grammar schools for over thirty years, yet I found no bad young people. Some were condemned by certain folks, but today they are fine men and women.

— Mrs. Edith L. Messer, Concord, N. H.

* * *

MORE QUIET, PLEASE!

Please send me six copies of the March 1954 *Journal of Living*, containing that marvelous article "Don't Let Noise Shorten Your Life." I know of more than one family that has been almost broken up because of noisy members who slam doors and sing or hum or whistle almost constantly. And they are bringing up their children the same way.

These people, of course, are innocent of what they are doing. They'd be mortally offended if you accused them of "disturbing the peace." Your article can and will put them right I'm sure.

— Mrs. A. C. Vorous, Sturgeon Bay, Wisc.

* * *

TOO YOUNG TO RETIRE

The papers keep talking about a teacher shortage. Well, call the teachers back. It was a mistake to make the retirement age of mental workers 60 years. For a man working in the woods at the lumber industry, the age of 60 might be reasonable, it is heavy work.

I happen to know a peppy, young-looking teacher who was retired at 60. I would say she is capable of fifteen years more in the schoolroom. Why waste all this trained talent?

— Anne Berry, Auburn, Washington.

* * *

ANOTHER "BEAUTIFUL WOMAN"

In the recent article by John Robert Powers — "America's Eight Most Beautiful Women Past 40" [March 1954] — I am sorry to see that Mr. Powers did not list Clare Boothe Luce.

Many of us who admire Mrs. Luce think she should have been included. She is a great Lady — *in every way.*

— Mrs. M. Franz, Springfield, Mass.

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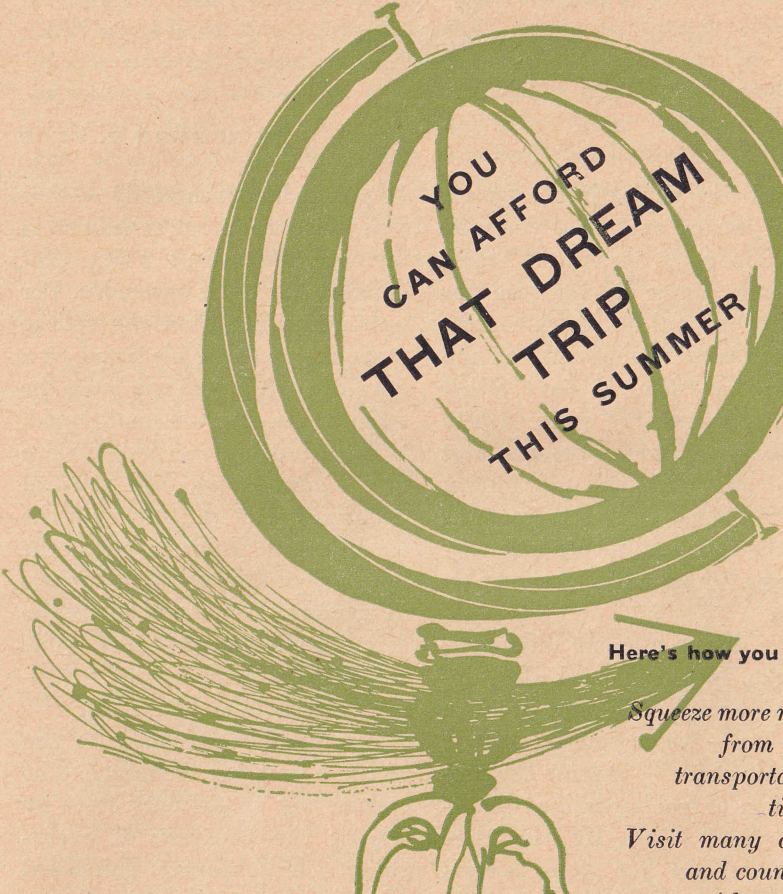

Here's how you can:

Squeeze more miles from your transportation ticket. Visit many cities and countries without cost. Go round the world for as little as $560.

You Can Afford That Dream Trip This Summer

BY NORMAN D. FORD

Travelwise, you're just as young when you are over 40 as you were in your early twenties. Travel statistics prove it. Between the ages of 22 and 40, most couples are too busy raising children and paying for them to have either the freedom or the spare cash to realize many travel dreams. But once the children are grown, you're almost as free to roam as are the college students who tour Europe for an entire summer on $500.

Age does make one difference, though. Inconveniences like shipboard dormitories and wooden benches — which youngsters take in their stride — assume the proportions of real hardships twenty-five years later. By the time you're ready for your second chance at travel, you appreciate comfort and have developed a mature attitude which rejects the penny-pinching approach of young skinflints.

This means your travel must be planned more carefully — that you must work out schedules in advance. But don't worry that comfort has to be expensive. For only $45 more than the college student spends for his ticket on a dormitory ship, you can cross the Atlantic in an air-conditioned, two-berth cabin on the luxurious new *United States*. And you can do even better if you know the travel ropes. You can equal the low student fares and still journey in comfort. You can even *cut* the cost of some student tours, while seeing the same places and traveling to them in de luxe style.

But it will be necessary for you to use a different technique. The college boy or girl cuts costs by buying the cheapest of everything: the cheapest shipboard accommodations, cheapest bus seats, cheapest rail tickets. And in travel, as in everything else, the cheapest is not always the best. A much better plan is to decide on something good in the first place and then try to get it at least cost. The travel industry is very obliging if you know what to request. Buried deep in its tariff books lie an amazing variety of reduced fares, diverse routings, excursions, cut rates and even free trips. Coupled with intelligent shopping, these hidden gimmicks can enable you to go farther for less in so many ways that even your wildest travel dreams can come true for very little money.

JOURNEY FROM COAST TO COAST — BUT ENJOY THE HIDDEN EXTRAS

Take as a typical example a cross-country rail trip from New York City to San Francisco. With rail coach fares around 3½ cents a mile in the East and somewhat less in the West, a round-trip ticket via coach costs $142.40,* and via first class (without berth) $202.43. Somewhere in fine print you'll read that purchase of the ticket entitles you to a free 150-pound baggage allowance, station-to-station transfers in large cities, unlimited stopover privileges, freedom to travel on any train during a six-month period, opportunities to take certain free side trips, and a choice of numerous diverse routings.

That last condition is your clue to extra value. Diverse routings! Without paying a penny extra you can go West via one of four routes — through Chicago, St. Louis, Memphis or New Orleans — and include Los Angeles on your itinerary before visiting San Francisco. You can return the same way you came, or by any other direct route. On the way you can take a free side trip to Niagara Falls and — if you travel to San Francisco direct — another free side trip to Los Angeles. For the same coach fare, or $3.72 extra on a first-class ticket, you can return through Portland, Oregon, with a free side trip to Seattle, Washington. Or you can include Seattle and have a free side trip to Vancouver, British Columbia. (To qualify for this last by coach you must be one of a party of five.)

And you could do even better than this. For just $7 more than your direct coast-to-coast fare, first-class or coach, you could go out by way of stopovers in Washington, D. C.; Jacksonville, Florida; New Orleans, El Paso and the Southwest; take a cheap side trip to the Grand Canyon; continue to Los Angeles, San Francisco, Portland, Seattle, Vancouver; and return — via a choice of two routes — through the

---

*U. S. transportation tax extra. All fares quoted are subject to change.

Canadian Rockies to Montreal, Boston and New York. If you wish, a six-month grand tour of the United States and Canada need cost you in fares only $149.40 by coach or $211.15 first class. And for $56.15 extra, you could throw in an additional side trip to Mexico City.

TRAVEL IS EVEN CHEAPER WEST OF CHICAGO

Because fares west of Chicago are lower, a "grand western circle" rail tour from the Windy City, based on the same principle, is proportionately cheaper. The direct, 4,520-mile, Chicago-to-San Francisco round-trip route calls for a fare of only $90.15 via coach ($126.45 first class) — and you can add an extra 1,000 miles of streamlined travel through the South, Southwest and Pacific Northwest without paying a penny extra. For $12.20 extra, you can ride a 7,080-mile rim route that takes you south to New Orleans; west to Los Angeles; north to San Francisco, Portland, Seattle and Vancouver; and home through the Canadian Rockies at a basic coach fare of 1.4 cents per mile.

Higher rail fares in the East hinder duplication of quite such low cost-per-mile rail travel. But you can, for instance, ride from Chicago through Washington, D. C., to Miami, have a free trip across to Tampa, and return by way of New Orleans, Houston and Kansas City. Playing the diverse routing and free-trip angle this way nets you a total 5,000 travel-miles for the basic cost of the 2,900-mile, Chicago-to-Miami round trip. Actual fares are $71.05 coach and $96.45 first class, and the cost per mile by coach is still only 1.4 cents.

ROUNDABOUT TRAIN TRAVEL THAT'S REALLY DIFFERENT

Another money-saving circle trip, well known to businessmen, is that from New York to Chicago, via Washington, D. C., returning through Detroit and Canada to Niagara Falls and thence through upstate New York to the starting point. This extensive circle can be traveled for the direct New York-to-Chicago round-trip fare of $60.10 by coach, or $89.36 first class. Almost any rail trip in the country permits you to go one way and return another and to combine the two into a scenic circle tour with increased mileage, stopovers, and sometimes free side trips at no additional cost.

Too, you can often include unusual trains in your route like Western Pacific's *Zephyrette.* This diminutive, one-car train makes all the stops between Salt Lake City and San Francisco by way of the breathtakingly beautiful Feather River Canyon; and at Elko, Nevada, where it conveniently stops for lunch, you can try your luck at a gambling house — if you wish.

HOW TO FIND THESE TRAVEL BONANZAS

How can you find out what diverse routings and free trips you are entitled to? Digging out this information takes a good deal of time and study on the part of agents, which is one reason it is not well known. And most railroads are not too happy to point out that you can ride over another line's routes. The best plan is to decide roughly what routes you want to take, then make inquiries from the road which stands to gain most revenue from your ticket. Another good plan is to ask information from the most out-of-the-way road. For example, a Canadian agent will be only too pleased to point out diverse routings and free trips on a journey to California by way of Canada, since by doing so, his road is taking business from the usual lines handling that route.

You can get many similar trip planning-ideas from a pamphlet entitled *Year-Round Travel Guide*, available free from the Personal Travel Service, New York Central System, Room 1334, 466 Lexington Avenue, New York 17, N. Y.

RAIL REDUCTIONS FOR THE WHOLE FAMILY

Another way to economize on travel is to watch for the railroads' "family plan" fares. Like the airlines, many railroads now allow one parent and all children under 16 to ride at half-price on Mondays, Tuesdays and Wednesdays if the other parent buys a full-fare ticket. In the East this plan is offered only to coach passengers, but in the West it is also good for first-class accommodations (Pullman fares are not yet included).

Still another cost-cutting device is the group-economy fare. This system was offered in the East by fourteen railroads up until April 30, 1954, and may be introduced again. It provided a 25 per cent reduction on round-trip fares of more than 100 miles for parties of three or more adults (two children count as one adult). However, these tickets were good for only a thirty-day limit and they did not permit choice of routes.

HOW TO ADD AIR MILES TO YOUR FLIGHT TICKET

Domestic airline fare structures closely follow those set up by the railroads. Both Los Angeles and San Francisco can be visited for the price of a round-trip ticket to either city from Chicago or points east. With the ticket goes a free trip to San Diego. Similarly, both Portland and San Francisco can be linked on a ticket to just one of those cities. For only $21.27 more than the direct, round-trip fare from the East to any West Coast city, you can take in Seattle, Portland, San Francisco, Los Angeles *and* San Diego.

Since domestic air coach fares are still largely confined to long-haul flights, the best buys in diverse routings are found in first-class travel. If you take full advantage of extra mileage this way, your first-class fare — with its round-trip reduction — will compare favorably on a per-mile basis with cheaper plane-coach travel. This is just one example of how the most expensive form of travel can actually give you the most for your money.

VISIT 52 U. S. CITIES BY PLANE FOR $301.90

By paying the $301.90, round-trip, New York-to-San Francisco, first-class fare you can, for instance, make a "grand circle" tour with stopovers at fifty-two important U. S. cities and scenic high spots. On the westward trip alone you can visit Philadelphia, Baltimore, Washington, Richmond, Roanoke, Knoxville, Nashville, Memphis, Little Rock, Dallas, Fort Worth, Midland, El Paso, Douglas, Tucson, Phoenix, San Diego, Los Angeles, Bakersfield, Visalia, Fresno, Merced, Modesto, Stockton and Oakland. Homeward, the flight can include Reno, Salt Lake City, Chicago, Niagara Falls and many other points of interest. An alternative route takes in the Pacific Northwest at no extra cost.

ROUND TRIP TO MEXICO CITY— WITH 34 STOPOVERS

Still another extensive airline circle trip can be based on the $271.40 round-trip, first-class fare between New York and Mexico City, with thirty-four stopovers en route. Between March 15th and May 31st, and September 15th to December 15th, the same tour could be duplicated within any fifteen-day period at the $218.10 excursion rate. Like the railroads, the airlines also offer a side trip to Mexico City — for $59 — to any passenger flying a southern transcontinental route.

THE WAY TO AIR-HOP EUROPE AT LEAST EXPENSE

Playing the airline routes need not stop at United States borders. Dare to dream, and chances are you can plan a grand tour of any continent for the price of a round-trip ticket to the farthest city. Applied to Europe, this principle can eliminate all your travel expense on the continent and Great Britain — an item which often takes 50 per cent of a student's daily allowance. And best of all, it can be done via the cheaper tourist-class flights which correspond to air-coach travel in the United States.

Assume, for example, that you choose Zurich, Switzerland, as your destination. For the direct, $493.60, off-season, round-trip, basic fare (no extra tax) from New York to that city, you could include lengthy stopovers at Paris, London, Amsterdam, Düsseldorf and Stuttgart. Playing the stopovers this way gives you a free four-country tour en route to your destination. By paying only $2.82 more than the basic, $463.60, round-trip, off-season fare to Oslo, Norway, you can make a free circle tour that includes Glasgow, London, Stavanger, Gothenburg, Copenhagen, Hamburg, Bremen, Frankfurt and Shannon.

On a direct, round-trip, off-season ticket from New York to Rome for $550.30, you could add Glasgow, London, Amsterdam, Düsseldorf, Stuttgart, Munich, Brussels, Paris, Geneva and Nice — a total of six extra countries at no additional cost. Another way to go to Rome takes in Lisbon, Madrid, Algiers and Tunis, while you can return via all the stopovers possible in Europe and the British Isles.

ONE TICKET BUT THE SERVICES OF MANY AIRLINES

Of course, you don't have to stick to a single airline's routes. On the same $550.30 ticket to Rome, you could travel Sabena to Brussels and Amsterdam, KLM to Paris, Air France to Madrid, and BEA or KLM to Rome. Homeward bound you could fly KLM to Munich, Stuttgart and Frankfurt; Sabena to Brussels and London; BEA to Manchester; and Sabena back to New York City. By another routing (if you chose the cheaper off-season fare to Copenhagen for $493.60), you could go via Sabena to Brussels, Düsseldorf and Hamburg; by SAS to Copenhagen and Zurich; and again by Sabena to Brussels and Manchester.

Buy a ticket to the end of the line in Europe and you can plan an almost limitless variety of itineraries that will eliminate all but local sight-seeing fares once you get there. When you go makes no difference, though summer fares are somewhat higher. To help you plan, KLM puts out a handy gadget showing all the ways you can travel to any city served by its routes in Europe. Scandinavian Airlines also offers a free booklet called *Extra City Trips In Europe.* It points out some six different ways you can travel to almost any European city via a combination of as many as sixteen free stopovers in half a dozen or more countries. It quotes fares and explains how to add even more countries for an additional $25 or so. Your travel agent can supply either of these free publications.

19 CITIES IN 11 COUNTRIES — AT A SAVING OF $300

The farther you go, the wider your choice of diverse routings. On a $732.10, round-trip, off-season ticket to Istanbul you can visit seventeen extra cities in nine other countries from Norway to Greece. During a recent surface tour over this same route I spent $300 in rail, bus and steamer fares to link these same cities. Playing the airlines could have saved me the entire amount. And in addition I'd have been served free meals whenever I happened to fly during a conventional meal hour.

HERE ARE WAYS TO TRAVEL, SIGHT-SEE AND DINE — FREE

Of course, all these gimmicks depend upon your paying the basic round-trip fare to some point in Europe. For two passengers, this usually comes to between $900 and $1100 in the off season. That's quite a sum for most couples. Then you must add charges for hotels, meals and other incidentals. Is there any way to reduce the cost? There certainly is.

Few people are aware that most transportation companies and hotels supply free tickets and accommodation to tour organizers or escorts. You can take a free tour to almost any place you care to name if you can get ten or more fare-paying passengers to go along. Previous experience is unnecessary. Your travel agent will gladly make all arrangements and supply guides as part of the service your fellow passengers pay for. It costs your fellow passengers no more whether or not you go along. For straight transportation, many airlines give a free ticket to anyone who can get fifteen fare-paying passengers to go with him. If you can raise a group of twenty, you can travel free on most steamers.

Since they require you to supply only five fare-paying passengers, the easiest free tours you can qualify for are the thirty-day European packages operated by Lanseair Travel Service, Inc., 1346 Connecticut Avenue N.W., Washington 6, D. C. If you know five friends or fellow workers who'd like an air trip to Europe, this can be your big chance. Lanseair offers a choice of three travel routes via private, chauffeur-driven limousine. Accommodations at first-class hotels are supplied, as are all meals barring a few lunches.

The itineraries are: (*a*) a thirty-two-day tour of England, France, Italy, Austria, Switzerland, Germany and Luxembourg for $1,394 per person; (*b*) a thirty-four-day tour of Scotland, England, Belgium, Holland, Germany, Switzerland, Austria, Italy and France for $1,419; and (*c*) a thirty-day tour of France, Italy, Austria, Switzerland, Germany, Holland and Belgium for $1,389.

Under this scheme, your friends or fellow workers pay no more than they would if you did not go at all. But in return for booking them you get the entire $1,400 trip, including transatlantic air fare both ways, absolutely free. In the case of a couple who book five passengers, each can make the tour at half-price. But a couple who book ten passengers go entirely free. Those who prefer to travel by steamer instead of air can do so — including you.

A TROPICAL PARADISE FOR AIR-TRAVEL BARGAIN HUNTERS

Perhaps, though, your travel horizon extends tropicward, to the surf-rimmed isles dotting the sky-blue Caribbean. Or to ancient cities high in the cool Cordillera mountains of Mexico and Central America. If so, you'll find this area (Miami, Mexico City, Panama, Trinidad) a paradise for air-travel bargain hunters.

Here, you don't have to figure out circle tours. The airlines have them already worked out for you at special excursion rates. For $171, via PAA, you can fly from Miami to Panama, to Costa Rica, to Havana and back to Miami at any time of year. Another PAA summer excursion usually offered takes you from New York to Puerto Rico, the Dominican Republic, Haiti, Jamaica, Cuba and back to New York for $212.40. From San Juan, Puerto Rico — reached from Miami for $43 or from New York City for $64 one-way via coach — BOAC last year offered bargain summer excursion fares to almost every island in the entire West Indies chain. Summer excursion fares from Miami even take in Rio de Janeiro for $555 and Buenos Aires for $610. Out of Miami in winter go excursions to Managua, Nicaragua, for $136.50 (regularly $163.80), to San Salvador for $127.50 (regularly $153) and to Tegucigalpa, Honduras, for $127.50 (regularly $144).

ONE OF THE BIGGEST TRAVEL BARGAINS YOU CAN FIND TODAY

With all these, and many more, excursions to choose from, it was inevitable that some operator would eventually try to go one better. How they do it, I don't know, but one of the greatest travel bargains in the world today is a Caribbean "circle tour" for $450 which includes not only transportation but hotels, meals and sight-seeing as well. Minimum cost if you bought everything on your own would be at least $600.

This tour takes you by air from Miami to Havana, to Jamaica, and then to Cartagena, Bogota and Medellin in Colombia. From South America you fly to Panama, to Costa Rica and on to Managua, Nicaragua. With an English-speaking driver-guide you proceed by limousine north along the Pan-American Highway through Honduras and El Salvador to Guatemala. Then you fly on to Mexico City, Acapulco and other Mexican high spots. The tour can be completed in as little as seventeen days; for details write to Louis V. Vasques, Caribbean Circle Tour, Room 304, 681 Market Street, San Francisco, California.

DO YOU WANT TO SAVE MONEY — OR TIME?

So far, we've dwelt mainly on the problem of squeezing more miles from basic fares without additional cost. But suppose you don't want to travel farther. Let's say you just want to go somewhere and come back again by the most direct route.

This opens up a whole new field of travel technique, and you must be guided in this country by the fact that bus fares average 2½ cents a mile, rail-coach fares 3½ cents, and air-coach fares 4½ cents. (Better forget first-class fares now if you want value.) No amount of playing around with routes is going to get you direct rail travel at less cost than bus fares, or first-class air travel at rates approaching those of coach planes.

Choosing a method of travel is

always a compromise between money and time. For a two-week vacation in Florida, you'll certainly get more value in fun time if you fly in a few hours than if you spend three days of your fourteen traveling by bus. Yet if you were going to Florida for an entire winter, bus travel would undoubtedly prove the cheaper investment. Even then, family-plan fares could alter the picture substantially.

By far the most outstanding bargains in direct travel involve trips outside the United States. No matter how you reach the Mexican border you can plan your own side trip to Mexico City on comfortable Greyhound-type buses at a cost far below that offered by railroads and airlines. A round-trip bus ticket to Mexico City from Nuevo Laredo costs about $18, and from Ciudad Juárez (opposite El Paso) about $28.

So rapidly have airlines extended tourist services that you can now fly to many neighboring countries at rates that, in comparison with former first-class fares, seem amazingly low. The one-way air-coach fare from New York City to Mexico City, with a stopover in Miami, costs only $96.50. From Miami you can fly to Mexico City for $52.50, from Chicago for $76, and from Vancouver, B. C., for $142. Time was when experienced travelers used to buy their tickets only as far as the border and there switch to a Mexican plane. That way they got lower fares and avoided paying the United States transportation tax in Mexico. Introduction of coach fares has neutralized this saving on fares from the East. But until coach class is introduced from the West Coast you may still save $37.10 and some additional tax on a round-trip ticket by switching planes at Tia Juana. (Note: Canadians can already fly by coach from Vancouver.)

Other recently introduced airline tourist fares open up a whole new field of possibilities in the Caribbean area. Round-trip fares from Miami include these: to Panama or Colombia, $171; Kingston or Montego Bay in Jamaica, $111; and Puerto Rico, $86. For $20 you can fly round-trip from Key West to Havana, for $30 from West Palm Beach to Nassau and back, and $37 takes you round-trip from West Palm Beach to Havana. Out of New York City, a round-trip ticket to French Martinique costs $211; to Bermuda, $95; to Nassau, via summer excursion, $145.60; and to Trinidad, $282.

THE RIGHT TECHNIQUE FOR STRETCHING YOUR DOLLARS AT SEA

Excluding cruises, which are seldom bargains, almost all ships operate on direct point-to-point routes. Seldom, if ever, can you work out a free circle-tour by buying a ticket to the end of the line. That's why stretching your dollars at sea must involve a different technique. Fortunately it is one that can do more than anything else to make your travel dreams come true.

Shopping for shipping is the answer — shopping around for the longest ride via the most ports for the lowest fare consistent with acceptable comfort. To shop wisely, you must know that fares charged between foreign ports by foreign ships are usually lower than any fares charged out of American ports. Thus you can sail 10,250 miles from London, via the Mediterranean and Far East, to Sydney, Australia, for $436 in first-class accommodations. By comparison, a first-class New York to London ticket providing similar accommodations costs $295 for a mere 3,000 miles of travel. Compare this rate of almost 10 cents a mile against the 4 cents a mile for first-class fare between England and Australia.

The most important money-saving rule used by veteran, long-distance travelers is this: Make your longest hops between foreign ports, and switch to a foreign ship at the first foreign port you reach. By doing so you'll not only travel cheaper, but you'll also get superior service and surprisingly good food. On a French ship the cuisine frequently equals that of the better Paris restaurants — and free wine is included. Swedish ships serve *smörgasbord*. On a Dutch ship you may be served the fabulous *Rijstapel*. And even British ships feature attractive meals nowadays.

FOR BETTER VALUE GO BY FREIGHTER

Freighters generally offer better value for your money than do passenger ships. A freighter passage is usually regarded as being the equivalent of first-class travel by liner. Lack of organized entertainment and bars is more than made up for by the freedom from crowds afforded by the rule limiting the number of freighter passengers to twelve. Most freighter cabins accommodate no more than two persons; the majority nowadays have private baths. Freighter travel on any route under any flag can be a bargain if you shop around.

Take the North Atlantic run, for instance. A first-class berth on the liner *United States* to Europe costs a minimum of $350. Yet on a freighter of the same line you can go across for only $180. A guide that will help you select the best freighter buys to every port in the seven seas is *Travel Routes Around The World* (Harian Publications, Greenlawn, New York, $1). This book also lists every passenger-ship service in the world, describes their routes, and quotes fares.

Freighters are the ships that let you cruise around the world, deluxe style, on less than $10 a day. There are no more luxurious freighters afloat than the *Santa* ships of the Hamburg-South American Line. You sail from Hamburg, call at several European ports, visit the Canary Islands, and make all the principal ports in South America from Recife to Rio and Buenos Aires. The entire cruise lasts fifty-six days, and the fare of $548 includes a private cabin. Only a freighter can give you value like that.

You can ride other freighters from Sweden to South Africa for $270; from New York City to Rio for $275; from England to Yokohama, via Suez Canal, for $440; and from England to New Zealand, via Panama, for $350. Another long trip on a cargo-passenger ship takes you from Durban to Yokohama in fifty-two days for $354.

YOU CAN GO AROUND THE WORLD FOR $560

A freighter cruise around the world starts at $1,200. Yet you *can* make a globe-encircling cruise by passenger ship for only $560. Although just increased from $498.40, it's still a bargain.

Besides charging the highest fares, passenger ships also charge the lowest. In return you get the cheapest accommodation. This is just the sort of thing students go for. Yet I personally know several retired men over 70 years of age — and women, too — who travel around the world this way — and like it. But if you're an average American I would recommend your spending some 40 per cent more to secure superior accommodation and greater privacy. Even then, these fares are still in the bargain range. But just to show you what you *could* get for the minimum fares, here are some of the biggest bargains in long-distance sea travel.

From England you can make a thirty-four-day voyage, via Curaçao and Panama, to New Zealand on a 12,000-ton Shaw-Savill liner for $255. In New Zealand you could transfer to the 14,491-ton *Arawa* of the same line for a sixty-two-day voyage via Australia, South Africa and the Canary Islands back to England for $305. This gives you an entire round-the-world cruise for $560. Or from New Zealand you could take the Union Line's steamer over to Sydney, Australia, for $61.50; and for $252 catch one of the British Orient liners for London. En route you'd call at Melbourne, Freemantle, Colombo, Aden, Port Said, Naples and Gibraltar. Total fare around the world by that particular route is $568.50.

To reach England cheaply in the first place you have a choice of two routes for $140 during the off season. Furness Warren ships go from Boston to Liverpool by way of Canada and Newfoundland. The Greek Line's service goes direct from New York City to Southampton. A more interesting route that could be taken in summer goes by way of Iceland. You go from New York to Reykjavik on a comfortable freighter and then continue by passenger ship to Scotland. The fare? Just $179.

Once in Scotland, you would need to spend only $14 for a two-day, de-luxe bus trip south to London via a choice of two routes, with a night at a first-class hotel and all meals en route. In London you could step aboard a smart Union Castle liner. Eighteen days and $149 later, after a visit to Madeira, you'd walk down the gangplank in Capetown, South Africa.

Where to from there? The cheapest direct fare back to the United States on an American ship with three in a room is $650. Let's see how you could play the shipping routes for better value than this.

One way to do it would be by paying an additional $311 to stay on the same Union Castle ship for a sixteen-port, nine-week, round-Africa cruise back to London. With a $1.50 bus ride to Southampton and a $140 transatlantic fare, you could return to New York this way for $452.50.

For $16 more on the same Union Castle ship you could continue on to Durban, switch there to a Bank Line steamer for the forty-eight-day passage by way of fascinating Oriental ports to Manila for $354, and return to California on a freighter for $275. Total fare that way is $645.

For approximately $225 you could arrange tourist-class fare from Capetown to Sydney on a Shaw-Savill liner. There you could catch the previously mentioned Orient Liner to London for $252, take the $1.50 bus ride to Southampton and return across the Atlantic for $140. Returning home by way of Australia, the Far East, and Europe still undercuts the direct Capetown-New York City fare by $31.50.

Still another way would be to arrange a crossing from Capetown to Buenos Aires and Rio for $308 on a Royal Interocean Line intermediate ship. From Rio a

HOW TO MEET PEOPLE

Some people seem to have the knack of coming into a place as total strangers and, within a couple of days, being on friendly terms with everybody on the premises. Others just can't seem to break the ice at all. Watching both types this past summer, I came to some conclusions about this business of making friends. It seems to me there are two main rules:

Rule 1. Don't be too eager.

Rule 2. Don't be too shy.

Paradoxically, perhaps, the people who have the least difficulty in making friends are those who don't seem to feel any pressing need to do so. They take other people as they come.

If you march out on a porch full of strangers and start gushing small talk, they're apt to mutter excuses and slip off to their rooms. On the other hand, if you just sit in the corner rocker and pretend you're completely absorbed in *David Copperfield*, you can't blame people for leaving you alone.

A sensible middle course would include smiling at other guests the first time you meet them; then when you're on a bit more familiar footing, adding "Good morning" and a comment on the weather. If your *vis-à-vis* rises to the bait, you've got a conversation started. If he doesn't, there's nothing lost.

Get out of the lobby and do things other people are doing — swim out to the raft, join the boating party, get in the ball game. Conversations will start naturally.

If these steps fail, remember that we hotel people are pretty handy at getting guests together. Speak to the hotel manager or social director. —FRANK A. MCHUGH

MANAGER, ROYAL VICTORIA HOTEL, NASSAU, BAHAMAS.

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freighter could bring you back to New York for $275. Total fare that way amounts to $583.

SOMETHING NEW— EXCURSIONS BY SHIP

One last way to get extra value by sea is to watch for excursion trips. For the first time since World War II shipping has caught up with demand on the runs between Europe and Australia and Africa. And now you can go from England or Italy to any port in Australia *and back again* for as little as $512 — in first-class accommodations. This means you cruise 20,500 miles, in superior quarters, with three meals a day, for some eight weeks, at 2½¢ a mile, the same fare you pay to ride a bus in the U. S. These excursion tickets are available for first class only — between February 1 and May 31 for the outward voyage and between September 1 and December 31 for the homeward voyage — by the P & O, Orient, and Lloyd Triestino Lines.

A 25-per-cent reduction is likewise offered between May 4 and June 24 via Union Castle mail liners plying between England and the Cape. These excursion tickets, also available only in first class, give you a 12,000-mile round-voyage for only $540. But the line's excursion fares don't stop at the Cape. You can go on clear around Africa on a nine weeks' cruise back to England. For this exotic voyage, excursion fares apply both in first and cabin classes. The entire voyage taken in first class costs just $605, or in comfortable cabin class, $500.

THE REAL SECRET OF BARGAIN-BASEMENT TRAVELING

Once you start playing the travel routes like this, there's no end to it. You can link competing train, plane, bus and steamer routes for bargain-basement travel to any point in the free world. For variety you can throw in all kinds of unusual trips like a ride on the famous Orient Express from Paris through Istanbul to the Persian Gulf for $69.74. Or a bus trip from Texas to Buenos Aires for $97.

Travel takes time and money. The more time you have, the less money you need. The older we get, the more time we have, until at age 65 most of us have unlimited time. Perhaps you'll have to wait for retirement to complete some of these trips. But whenever you go, wherever you go, you'll travel farther for less — in greater comfort — if you milk the travel routes for extra mileage the way the experts do.

THE THINGS YOU DO . . . .

THE FOOD YOU EAT. Three years ago the *Journal of Living* first brought you the shocking news that many of our daily foods are adulterated with poisonous chemicals during processing. Subsequently there was some governmental action. But what is the situation now? Has it been completely corrected and safeguards established, or have new, disturbing discoveries been made about "doctored" foods? What precautions should be taken — and *can* be taken — for the protection of yourself and your family? You'll know the answers after you read the specially prepared article on the subject in the August *Journal of Living.*

THE BELIEFS YOU HOLD. We are born with a spiritual urge as strong as our instincts of sex and hunger. This revolutionary concept is the basis of a new approach to psychiatry, pioneered by Dr. Viktor Frankl. He is convinced that much of our frustration, tension and unhappiness is caused by our denial of the spiritual side of our natures. Just how this obstacle to peace of mind can be overcome is carefully explained in the August *Journal of Living.*

THE LIFE YOU LEAD. How active should a man or woman of 50 be? You've heard the subject argued often. Some think it's prudent to take things very easy on reaching middle age; others advocate and practice the strenuous life. Which course will give *you* more fun and vigor in your later years? The newest medical research has come up with some surprise findings that can help you decide for yourself. These are reported in our next issue, and are another reason you can't afford to miss the August *Journal of Living* — on sale at newsstands July 12.

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